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ABSTRACT

This booklet is a calendar companion which is designed to help schools plan and conduct monthly activities. It includes lesson planning and activities, information about supporter organizations' events and contests that promote nutrition and health, recipes, food service tips and resources, reproducibles for parents, and a list of Team Nutrition's state-of-the-art materials and how to order them. The tools can be used to plan and coordinate one nutrition education event in a year or one each month. Suggestions for one activity per month, from October through September, are included. (SM)

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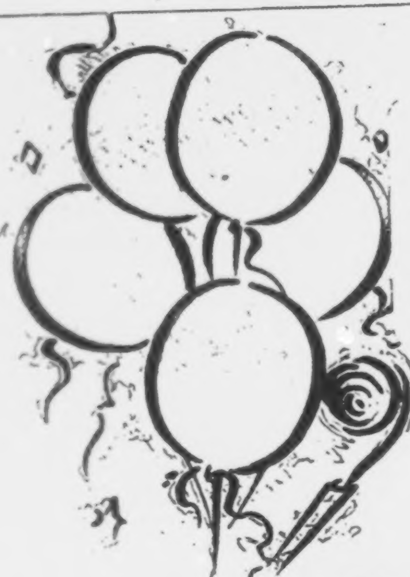

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TEAM NUTRITION • USDA

USDA Team Nutrition Calendar Companion

Putting Your Plans Into Action

Featuring:

- Fun and Exciting Core-Curriculum Lesson Plans and Activities
- Team Nutrition Supporter Annual Events, Activities and Contests Promoting Nutrition and Health
- Mouth Watering Recipes for School and Home
- Food Service Tips, Information and Resources
- Informative Parent Reproducibles,
- State of the Art Materials and Resources and How to Order Yours—FREE!

USDA

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Team Nutrition Calendar Companion

USDA

United States Department of Agriculture
Food and Consumer Service

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October 1997

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Introduction

Schools across the country are busy planning and preparing nutritious school meals that will appeal to young customers. And more than 24,000 Team Nutrition Schools—schools that have officially joined USDA's Team Nutrition—are leading the way in providing fun, interactive nutrition education to motivate children to make healthy food choices at school and at home. In response to the requests and suggestions of Team Nutrition Schools, we have developed new materials for ***ALL SCHOOLS*** that participate in the National School Lunch Program: the ***USDA Team Nutrition Planning Calendar for School Year 1997/1998*** **and the** ***Calendar Companion***. They are designed to help you plan and conduct creative activities to educate and motivate your students to make healthy school meal choices.

The planning calendar lets you see at a glance an array of golden nutrition education opportunities to interest students, parents, and the community in healthy school meals. Each month's colorful display features a nutrition theme, holidays and nutrition-related special events, quotes from school food service personnel and other school staff, and a reminder to check your Calendar Companion.

The Calendar Companion is a handy resource for carrying out your plans. It includes exciting lesson plans and activities, information about supporter organizations' events and contests that promote nutrition and health, mouth watering recipes for school and home, food service tips and resources, reproducible information for parents, and a list of Team Nutrition's state-of-the art materials and how to order them—FREE. Even after this year is over, the Companion's innovative ideas, how-to guidance, and reproducibles will continue to be useful.

You can use these tools to plan and coordinate one nutrition education event this year—or one each month! And you can adapt the activities to fit your grade levels and your community's resources.

If you have not already joined Team Nutrition, see page 3 for information about how this program supports your efforts to meet the updated nutritional requirements for school meals and reach children with lively entertaining nutrition education messages. We hope you will join the team by completing the enrollment form on page 4.

We are proud to be working with you for the health of America's children.

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BACKGROUND

Team Nutrition

What is Team Nutrition?

Team Nutrition is an initiative designed to help schools implement the School Meals Initiative for Healthy Children. This is the plan to continuously improve school meals and promote the health and education of 50 million children in 94,000 schools nationwide.

What's The Goal?

Our goal is to empower schools to serve meals that meet the Dietary Guidelines for Americans, and motivate children in grades pre-K through 12 to make food choices for a healthy diet. In short, Team Nutrition will help children and their families to:

- Eat a variety of foods
- Eat more fruits, grains and vegetables
- Construct a diet lower in fat.

How does Team Nutrition Work?

The initiative consists of two components:

Technical Assistance and Training, which supports school food service personnel by giving them the tools and skills they need to implement the School Meals Initiative for Healthy Children.

Nutrition Education, a multi-faceted educational program delivered in schools, through the media, at home and in the community to motivate and empower children to make food choices for a healthy diet.

What Is A Team Nutrition School?

The Team Nutrition Schools Program is an incentive program designed to encourage prompt implementation of the new school meals standards and interactive activities at the local level. Schools that enroll as a Team Nutrition School receive resource materials to conduct fun, interactive nutrition education activities to motivate children to try new foods and to choose the improved school meals being offered by food service staff.

How Can I Become A Team Nutrition School?

An enrollment form is included on page 4. Simply fill out the form signed by your school principal and food service manager and send it to the listed address. You will begin to receive Team Nutrition materials in approximately 4-6 weeks from our receipt of your form.

How Are Team Nutrition Supporters Involved?

Team Nutrition Supporters (see pages 112-114) are organizations that support the mission and guiding principles of Team Nutrition. Many of these organizations have participated in Team Nutrition School activities across the country and would be more than happy to participate again! Take a few minutes to review the list of supporters and contact representatives in your area to involve them in your Team Nutrition School activities.

How Can My School Receive Free Resource Materials?

Team Nutrition Schools receive a complete supply of Team Nutrition resource materials as listed in the Materials Section beginning on page 104. Also listed in this section are materials available to schools that may not be enrolled as a Team Nutrition School. An order form is included in this section.

Join the Team...

Become A Team Nutrition School

USDA's Team Nutrition is a network of public and private partnerships that promote food choices for a healthy diet through the media, schools, families, and the community. USDA's Team Nutrition supports the new policy updating school meals nutrition standards to reflect the Dietary Guidelines for Americans. This historic policy change—the School Meals Initiative for Healthy Children—is the most significant reform of the school meals program since it began in 1946.

Team Nutrition Schools represent the community focal point for USDA's Team Nutrition. They are the link to community-level implementation of the School Meals Initiative for Healthy Children. A growing national network of local schools showcase healthy changes in school meals and new nutrition education programs. Team Nutrition Schools model the involvement of Team Nutrition partners and supporters at the local level and actively promote school meals that offer more healthful choices. All schools currently participating in the National School Lunch Program are eligible to become a Team Nutrition School.

A Team Nutrition School Will:

- Support the USDA's Team Nutrition mission and principles
- Designate a Team Nutrition School Leader
- Demonstrate a commitment to meeting the Dietary Guidelines for Americans in school meals
- Distribute Team Nutrition education materials
- Involve teachers, children, parents, food service personnel, and community organizations in nutrition education activities
- Share successful strategies and programs with other schools
- Participate in the National School Lunch Program
- Demonstrate a well-run Child Nutrition Program

A Team Nutrition School Will Receive:

- A Team Nutrition Leadership Award acknowledging their commitment
- Recognition in a National Directory of Team Nutrition Schools
- Team Nutrition resource materials for use in the classroom, in the cafeteria and at home, such as Scholastic's classroom kits and Disney educational posters featuring Lion King characters
- Early alerts about the many additional products available in the future
- Team Nutrition School designation for 2 years

USDA's Team Nutrition brings to life the promise of healthy children—Team Nutrition schools fulfill that promise by bringing together all those who care about children. Join the team!

Complete the following School Information Sheet, detach, and mail. Only one information sheet per school should be submitted. Your school will be notified of its status as a Team Nutrition School, which will be valid for a 2-year period. Any questions can be directed to your District School Food Service Director or your State Child Nutrition Director at your State Education Agency or write to USDA at Team Nutrition Schools, P.O. Box 0812, Rockville, MD 20848-0812.

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TEAM NUTRITION SCHOOL INFORMATION SHEET

(Submit one sheet for each school)

Our Team Nutrition School Leader is:

☐ Ms. ☐ Mrs.
☐ Mr. ☐ Other ____ ______________ ______________
First Name *Last Name*

Title ______________ School's Name ______________

Total Enrollment ______________ Grades Taught ______________

School District ______________ School County ______________

School's Address ______________________________
____

City ______________ *State* ______________ *ZipCode* ______________

Telephone (____) ______________ FAX (____) ______________

E-mail address ______________________________

Please check one or more of the appropriate grade ranges:
☐ P *(Preschool)* PreK ☐ E *(Elementary)* K - 5/6 ☐ M *(Middle)* 6/7 - 8 ☐ H *(High)* 9-12

We agree to:

- Support USDA's Team Nutrition mission and principles.
- Demonstrate a commitment to meet the Dietary Guidelines for Americans.
- Designate a Team Nutrition School Leader.
- Distribute Team Nutrition materials to teachers, students, and parents.
- Involve teachers, students, parents, food service personnel, and the community in interactive and entertaining nutrition education activities by having at least one nutrition event per year.
- Participate in the National School Lunch Program
- Demonstrate a well-run Child Nutrition Program.
- Share successful strategies and programs with other schools.

We certify our school does not have any outstanding overclaims or significant program violations in our school meals programs.

______________ ______________
School Principal, Printed Name School Food Service Manager, Printed Name

______________ ______________
Signature Signature

______________ ______________
Date Date

OCTOBER ACTIVITIES

The following activity was adapted from the "Team Nutrition School Activity Planner: A How To Guide for Team Nutrition Schools and Supporters". Turn to page 104 for ordering information.

Create a Team Nutrition Fair

Form a Team Nutrition Fair Planning Committee

Work with community supporters and volunteers to form a planning committee that will work together to plan the school fair. Include school food service staff, teachers, parents, community supporters and organizations. Identify coordinators for activities, logistics and promotion.

Create Your Team Nutrition Fair

Contact a variety of organizations to present nutrition education activities such as grocery stores, nutrition and health professionals, farmers/growers, athletes and product manufacturers.. Use the list of supporters on page 112 to help determine who to contact in your community. Identify a wide variety of organizations so your activities will be varied. Talk to registered dietitians and nutritionists at your health department, hospital or local university and ask about nutrition education efforts related to Healthy People 2000 and the 5 A Day program. Remember to tailor the activities to this month's international theme: A World of Taste!

Fair Activity Ideas

Following are some ideas that have been presented at Team Nutrition fairs across the country:

- Plan a food tasting activity with international dishes or produce.
- Tell a story from around the world and learn about the foods and customs of other countries and cultures.
- Start a pen pal program with children in other parts of the United States and learn about the foods they eat.
- Create a hands-on produce display where children can touch, taste and smell new and different types of fresh fruits and vegetables. Have classes identify when and where each food is grown and how to tell when foods are in season.
- Plant, grow and harvest an herb garden. Help students discover how herbs are used in school meals.
- Present a healthy snack building booth.
- Invite the physical education teacher to conduct a mini Olympics as an international physical activity station.
- In-Class:
  Math: create weekly bar graphs of who's eating specific fruits and vegetables.
  English: assign students to write about the best meal they've eaten or food reviews of the day's snacks and meals.

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Social Studies: Explore the role of farming in American life; highlight cultural origins of foods in the lunchroom.

Science: Have students explore their place in the ecosystem by conducting experiments with growing plants and by investigating the food chain; or start planning for an indoor or outdoor school garden.

Plan the Schedule, Equipment and Handouts

Work with the school principal to determine the fair dates and the day's schedule. Make the schedule detailed enough to show how students rotate through the day's activities. Share this information with participants, parents and school staff right away to give plenty of time for preparation.

After identifying all of the fair activities, make a list of equipment needs. Consider things like copies of activity handouts, recipes and other health information for parents or children. Ask local businesses and organizations to donate them for your school's fair.

Make sure to have enough copies of handouts for children and parents. Make copies a few days in advance.

Set Up

Make arrangements to have most of the activities set up the day before the fair. Add last minute decorations in the morning. Be sure to place a guest check-in table at the school's main entrance to welcome guests and provide schedules and name tags. Mark all areas with signs for each station. Lots of colorful decorations and Team Nutrition posters will make the atmosphere lively and fun.

Coordinate Community, Parent and Media Involvement

Inform the community of your Team Nutrition school activity through various media channels including the media, newsletters, e-mail, etc. Generate excitement before the fair by holding an art or coloring contest with a Team Nutrition theme. Display all the art work in classrooms and in the cafeteria, on bulletin boards and in other areas throughout the school and community. Award a contest winner with a Team Nutrition poster the morning of the fair to build excitement.

Involving the local media helps extend Team Nutrition messages into the community and highlight the positive changes taking place in school meals. Get started by collecting basic information on local radio, television and newspapers and key reporters for education, schools, food, health and nutrition. Make a list of these contacts for your reference.

Write a press release and background information to send to the media. In the press release, include who, what, where, how and why clearly and concisely. Also include the title, date, time and location as well as contact person and phone number for further information.

Send this information to your media contact about a week in advance of the fair, and follow up with a phone call to tell them about all of the great things happening with healthy meals and nutrition education. Follow up briefly 2 to 3 days before the fair, and place one more brief reminder call the day before the fair.

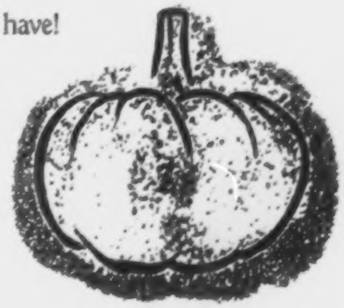
Hold a Leadership Forum

Have all guests sign in; give them a map of the activity and assign a guide to direct them to activities. Invite guests to participate in the fair and the community leadership forum. Community leaders and parents will see the positive things happening in school and will have the opportunity to be involved. At the end of the day, hold a leadership forum with all of your guests. Discuss how all can continue to work together to support the goals and objectives of Team Nutrition, efforts to meet the Dietary Guidelines for Americans, and ways to motivate children to make food choices for a healthy diet.

Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

Crunchy Pumpkin Seeds



About 20 Minutes, Number of Servings: depends on how big a pumpkin you have!

It's fun to make a scary Halloween pumpkin, and it's fun to toast the seeds and eat them. Seeds contain everything needed to grow a new pumpkin, and are a tasty snack, too!

Seeds from 1 Halloween Pumpkin
1 tsp. salt per 1 cup of seeds

Preheat oven to 350°F.

1. Have the kids help carve the Halloween pumpkin. When they scoop out the inside pulp that contains the seeds, reserve.
2. Have kids stand at the sink (use a stool if they are too low). Put pulp in a colander. Have kids wash pulp and stringy matter off seeds under cold running water. Blot seeds dry with a clean cloth or paper towel.
3. Have kids spread seeds out on a cookie sheet. The seeds should be in a single layer, and they shouldn't touch each other!
4. Sprinkle the seeds with just a little salt. An adult puts the tray in the oven.
5. Check the seeds after 12 minutes. They are done when they are dry and light brown. How long this will take depends on how many there are, and how dry they are when they go in the oven.
6. Let cool before eating!

Nutrients per serving (2 Tbsp.)

Calories	148	Saturated Fat	2.3 g	Iron	4.2 mg
Protein	9 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	4 g	Vitamin A	10 RE	Sodium	295 mg
Total fat	12.0 g	Vitamin C	1 mg	Dietary Fiber	1 g

Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals.*
Turn to page 104 for more information on this resource.

Tabouleh (tah-BUHL-lee)

Vegetable Grains/Breads

	50 Servings		100 Servings	
Ingredients	**Weight**	**Measure**	**Weight**	**Measure**
No. 3 Bulgur	2 lb.	1 qt 2 cups	4 lb.	3 qt
Water		1qt 2 cups		3 qt
*Fresh tomatoes, unpeeled, diced	4 lb.	2 qt	8 lb.	1 gal
*Fresh cucumbers, peeled, seeded, diced	1 lb. 14 oz	1 qt	3 lb. 12 oz	2 qt
*Fresh parsley, chopped	3 oz	3 cups	6 oz	1 qt, 2 cups
*Onions, diced	12 oz	2 cups	1 lb. 8 oz	1 qt
Fresh mint, chopped		1/4 cup		1/2 cup
or				
Dried mint		1 tsp.		2 tsp.
Cumin (optional)		1/2 tsp.		1 tsp.
Salt		2 Tbsp.		1/4 cup
Lemon juice		1⅓ cup		2⅔ cups
Vegetable oil		1/2 cup		1 cup

**See Marketing Guide*

Directions

1. Combine bulgur and boiling water in a large bowl. Let stand for 30 minutes or until water is absorbed. Do not drain.
2. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
3. For dressing, combine salt and lemon juice in a small bowl. Whisk in the oil.
4. Add dressing to salad and toss to combine all ingredients.
5. Can be served either chilled or at room temperature.

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Tabouleh (tah-buhl-lee)

* * *

Special Tip: For a tasty variation, add 2 cups of chopped black olives per 50 servings.

Servings: 1/2 cup provides 3/8 cup of vegetable and 3/4 serving of grains/breads

Yield: 50 servings: 12 lb 5 oz
100 servings: 24 lb 10 oz

Volume: 50 servings: 1½ gal
100 servings: 3 gal

Nutrients Per Serving

Calories	96	Saturated Fat	.4 g	Iron	.8 mg
Protein	3 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	17 g	Vitamin A	33 RE/334 IU	Sodium	289 mg
Total Fat	2.6 g	Vitamin C	12 mg	Dietary Fiber	4 g

Highlights & Resource Information

American Heart Walk

This annual event is an opportunity to promote exercise as well as to educate people about heart disease and stroke. More than 300,000 participants nationwide in more than 900 U.S. cities and towns ask their families and friends for a flat donation to the American Heart Association (AHA) for walking the course. For information, call local AHA offices at (800) AHA-USA1 or write to American Heart Association, National Center, 7272 Greenville Ave., Dallas, TX 75231. http://www.americanheart.org

Child Health Day

Take Time for Family...Take the Healthy Practices Pledge

The American Health Foundation (AHF) is urging families to commit to practicing healthful habits all year long beginning on Child Health Day (CHD) by signing a Healthy Practices Pledge. Families will commit to:

- Have a healthy breakfast together at least once a week
- Stop smoking for the sake of their kids
- Engage in physical activities together at least once a week
- Live and play safely
- Take care of their teeth

AHF hopes to reach children and families through schools, communities, and the Internet with easy steps to help them succeed with their pledge. To receive the Child Health Day Healthy Practices Pledge and Action List write or fax the American Health Foundation. Contact: Child Health Day at The American Health Foundation, 320 E. 43rd St., 3rd Floor, New York, NY 10017. Tel: (212) 953-1900. Fax: (212) 687-2339. http://www.ahf.org

Child Health Month

Child Health Month was established by the American Academy of Pediatrics (AAP) in 1992. This month is a time to join pediatricians, related professionals, and AAP chapters in creating public awareness of issues or conditions that might interfere with the attainment of optimal physical, mental, and social health for all infants, children, adolescents, and young adults, and find ways to prevent them.

The theme for 1997 is "Substance Abuse." Contact your state chapter of AAP for resource and information packets. To identify your State's AAP chapter, contact: Ms. Lisa Reisberg, 141 NW Point Blvd., Elk Grove Village, IL 60007. Tel: (847) 228-7320.

Culinary Techniques for Healthy School Meals Workshop

For more information on this workshop and others offered by the National Food Service Management Institute (NFSMI), in San Antonio, TX, see the June 1998 section of this companion booklet, or call NFSMI at 1-800-321-3054.

DINE Systems "Why Eat Better"

DINE Systems will present "Why Eat Better" seminars at Western New York Public/Parochial Schools for teachers. The seminars will be conducted in October and April will feature curricular uses of DINE Healthy and Pyramid Challenge Software. Contact: Dr. Darwin Dennison, 586 North French Road, Amherst, NY 14228. Tel: (716) 688-2400. Fax: (716) 688-2505.

HeartFest

HeartFest is a national event, held every year in October, to promote the benefits of heart-healthy eating. A packet of menus, recipes and education resources assists California schools and child care to reinforce a heart-healthy nutrition message. Contact: Nancy Link, California Dept. of Education, Child Nutrition Division, Nutrition Education & Training Program, 560 J Street, Sacramento, CA 95814. Tel: (916) 323-7185. Fax: (916) 323-4311.

National Disabilities Employment Awareness Month

Presidential Proclamation issued for the month of October. Previously issued as National Employ the Handicapped Week.

National 4-H Week

First full week of October. Contact: Christy Phillips, National 4-H Council, 7100 Connecticut Avenue, Chevy Chase, MD 20815. Tel: (301) 961-2915.

National Pasta Month

To promote the nutritional value of pasta while educating the public about healthy easy ways to prepare it. Contact: National Pasta Association, Cecelia Leavitt, Edelman Public Relations, 1500 Broadway, New York, NY 10036. Tel: (703) 841-0818.

National Pork Month

Contact: National Pork Producers Council, Dorthea Vifiadis, 122 C St. NW, Suite 875, Washington, DC 20001. Tel: (202) 347-3600. Fax: (202) 347-5265.

National Seafood Month

To promote the taste, variety and nutrition of fish and shellfish. Contact: National Fisheries Institute, Mr. Lee Wedding, 1901 North Ft. Myer Drive, Suite 700, Arlington, VA 22209. Tel: (703) 524-8880.

National School Food Service Management Institute's Satellite Seminar

The first of a two part series. Part I: October 22, 1997 Part II: April 15, 1998. Target audience: food service administrators, managers, and assistants. These one hour satellite seminars will include material that will help all food service assistants (cooks, bakers, serving line staff, cashiers, dishwashers, etc.) perform their jobs with greater safety and efficiency. The seminars will also contain material that will be valuable to food service directors and managers for orientation of new assistants and for retraining. Part I covers safety, sanitation, and personal considerations (hygiene, appearance, attitude, etc.) and part II covers basic job skills and food production techniques. Contact: National Food Service Management Institute, University of Mississippi, PO Drawer 188, University, MS 38677-0188. Tel: (800) 321-3054.

National School Lunch Week

This year's National School Lunch Week theme is "School Lunch: A World of Taste" and will showcase the cultural diversity of today's school lunch menus. Contact: Suzanne Rigby, MS, RD, Director of Nutrition and Education, American School Food Service Association (ASFSA), 1600 Duke Street, 7th Floor, Alexandria, VA 22314-3436. Tel: (703) 739-3900. Fax: (703) 739-3915.

North Carolina Sweetpotato 400 Jr.

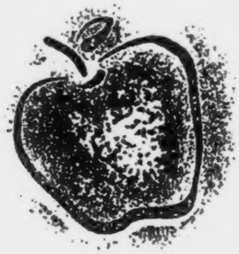
North Carolina takes a *SWEET* approach to racing. Students develop an increased sense of camaraderie and spirit as they work together to construct their "vehicular veggies" from sweetpotatoes and other fresh produce. Contact: North Carolina Sweetpotato Commission, Sue Johnson-Langdon, 1327 N. Brightleaf Blvd., Suite H, Smithfield, NC 27577. Tel: (919) 989-7323, Fax: (919) 989-3015.

Pierre/Hudson Specialty Foods

Barnyard Basics of Good Nutrition and Nutritionland Mall are two new video kits that help children learn about nutrition principles. You'll find these programs easy to use for both food service directors and teachers...everything you need is included! Use them in support of National School Lunch Week or any time of year. Contact: Pierre/Hudson Specialty Foods, 9990 Princeton Road, Cincinnati, OH 45246. Tel: (513) 874-8741. Fax: (513) 874-0326.

United Nations World Food Day

Annual observance to heighten public awareness of the world food problems and strengthen solidarity in the struggle against hunger, malnutrition and poverty. Date of observance is anniversary of founding of Food and Agriculture Organization. Contact: Congressional Hunger Center, Andre L. Lee, 525 A. St., NE, Suite 400, Washington, DC 20002. Tel: (202) 547-7022, Fax: (202) 547-7575.



Vegetarian Awareness Month & World Vegetarian Day

Vegetarian Awareness Month was initiated to make people aware of the many surprising health, environmental, ethical and economic benefits of vegetarianism. World Vegetarian Day has been celebrated annually on Oct. 1 since 1977. It is a positive way to affirm your belief in a diet which is appropriate for alleviating world hunger, advancing the health of humans and the environment, and promoting compassion for animals. Contact: Vegetarian Resource Group, Sue Havala, P.O. Box 1463, Baltimore, Maryland 21203. Tel: (410) 366-8343. Fax: (410) 366-8804.

Vegetarianism Essay Contest Deadline: May 1. Students can submit a 2-3 page essay on any aspect of vegetarianism (not eating meat, fish or fowl). Entrants should base their paper on interviewing, research and/or personal opinion. You need not be a vegetarian to enter. Contact: The Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203. Tel: (401) 366-8343. Fax: (410) 366-8804.

Virginia Apple Month

To promote fresh and processed apples in school menus. Part of a statewide promotion. Contact: The Virginia Apple Commission, Nancy Israel, 1100 Bank Street, Suite 1008, Richmond, VA 23219. Tel: (804) 371-6104. Fax: (804) 371-7786.

World Food Day Celebration

Congressional Hunger Center's curriculum program, INSIDEOUT—Ending Hunger One Classroom At A Time, celebrates this day through student-driven activities. Contact: Congressional Hunger Center, Andre L. Lee, 525 A. Street, NE, Suite 400, Washington, DC 20002. Tel: (202) 547-7022. Fax: (202) 547-7575.

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NOVEMBER ACTIVITIES

The following activities were taken from Scholastic Inc.'s, Team Nutrition classroom resource materials, "Food Grows," for Grades 3-5. To order a complete set of materials for this and other grade levels, call 1-800-SCHOLAS(TIC).

Food Grows

Celebrate Your School's Abundant Harvest this Thanksgiving

What Students Do

trace the origin of food from plants to plate ○ glean or recover foods ○ test the conditions under which plants grow best ○ grow their own meal

Skills Developed

learning about the food chain ○ recording and reporting data ○ understanding cause and effect ○ drawing conclusions

Materials

hangers ○ wool ○ chart paper ○ paints or markers ○ four healthy seedlings ○ potting soil ○ pots for plants ○ small, brown paper bag

Activity 1 Participate in Gleaning and Food Recovery Activities

Since it was founded in 1862, the U.S. Department of Agriculture has been known as the "People's Department" because it has a direct, positive impact on people's lives. USDA has begun a gleaning and food recovery initiative that continues this legacy by serving as a catalyst to feed hungry families. USDA is leading a national effort to coordinate public and private projects to rescue the millions of pounds of healthful food in this country that would otherwise be thrown away even as millions of Americans go hungry.

Challenge students to participate in gleaning activities to teach them creative ways to help reduce hunger in America.

- Start a school garden that gives a portion of the harvest to food banks, soup kitchens, and other food recovery programs.
- Contact your State or county USDA Farm Service Agency (FSA) office to partner in a gleaning project. (These local offices can be found in most phone books in the blue government pages under "Federal Government—Agriculture Department.") FSA is the entity that knows what is being grown by farmers in a given area, how the crops are coming along, and when they will be ready to be harvested. FSA is a critical conduit to the farmers and can be an extremely valuable resource in helping to identify donors for gleaning projects.
- Organize a food drive (see Food Guide Pyramid Food Drive beginning on page 22) and donate food to a local food bank or pantry.
- Work with existing community organizations to assist ongoing food recovery efforts at food banks or other community organizations.
- Organize essay, oratorical or art contests for school children to focus on a child's view of hunger and the benefits of helping those in need.

To get involved or to start implementing these or other gleaning activities, contact USDA's "1-800-GLEAN-IT" toll-free hotline.

Activity 2 Where does food come from?

Where does food come from? What do all living things need in order to survive? Students begin their investigation of the role nutrition plays in their lives by answering these key questions.

Getting Started

- Ask students to discuss what they ate for lunch. A volunteer can list the foods on the chalkboard or on chart paper.
- Have the class trace the "history" of one of the foods listed. They follow their food's journey backwards from the plate to the kitchen, to the store, to the factory, to the farm, to the plant. (Even meat and dairy products can be traced back to plants when students think about what animals and fish eat.)
- Ask each student to pick another food and trace its history. Give them a two-minute time limit to map out the journey from where it originated to their plates. Those who choose fresh or frozen foods (including meat) will find the route from farm to plate is a relatively short one. Students who choose highly processed foods, such as candy, may need help taking the history further than the factory.

Challenge students to think of anything they have eaten in the last 24 hours that did not, at some point in its existence, depend on plant life.

Activity 3 What Do Living Things Need to Grow?

Students have seen that we depend on plants and animal products for our nutrition. Ask them to brainstorm the conditions under which plants and animals grow strong and healthy, and write their ideas on chart paper. Tell them that in order to examine the connection between healthy conditions and healthy growth, they can investigate what happens when a plant is grown under different conditions. Divide students into four teams of scientists. Each team will observe seedlings growing under one set of conditions:

- with soil, regular watering, and plenty of sunlight
- with soil and water, but no sunlight
- with sunlight and water, but no soil
- with soil and sunlight, but no water.

Encourage students to come up with other variables they can test, such as growing one plant inside a window and another outside, and so on. Students should clearly record what they deny the plant—water, warmth, light, air, or soil. Over two weeks, students keep a record of what they observe. "My Lab Notes" can help them keep tract of how their plants grow.

Wrap it up—Save the Results

At the end of the two weeks, students compare results. Each team names a spokesperson to tell the class about their experiment. After the results of the experiments have been shared and discussed, students list the things plants must have in order to survive. Then list the conditions that resulted in the healthiest plant.

Challenge students to make comparisons between the needs of plants and our needs.

Take It Further

Grow A Meal Students can use what they learned to grow the ingredients for a meal. They decide what plants they would like to eat as part of a salad or as pizza toppings. They go to a seed or gardening store and ask the assistants to help them choose seeds from their list of ingredients that might be easily grown. They then plant their meal garden. Remind them that they may have to stagger their planting, so that all the ingredients are ready at the same time. Use the foods to prepare a special school lunch for students and their parents for Thanksgiving or any time of year.

Home Connection

Encourage students to continue learning about gardening by tending a container garden with family members.

Gardening Together

What's one of the best ways to help your child learn where foods come from? Of course—grow you own! Gardening shows your child how plants grow from seeds and what seeds need to mature into healthy plants. Here are some simple gardening activities children can help with and learn from.

Grow a Container Garden

Ready to dig into the soil? If you lack space for an outdoor garden, you and your child can have a small "container garden" on your back porch or city terrace. Leaf lettuce, radishes, and shorter varieties of tomatoes and carrots can all be grown in pots. Here's how:

- Cover the drainage hole in the bottom of the pot with a flat stone. That keeps the soil from trickling out.
- Fill the container with soil almost to the top. For best results, use potting soil from a nursery or variety store.
- Dig holes for the seeds. Check the seed packet to see how deep to dig. (Save the seed packet. You'll need information on it once it's time to thin the young plants.)
- Place a seed in each hole. Gently pat the soil over each seed.
- Water lightly with a fine mist. The soil should be moist, not soaked.
- Check the seed packet for the amount of sun the plants need.
- Depending on the kind of seeds, they may take from 3 to 17 days to sprout. Once they do, pull out plants that are too close together, to give the remaining plants more root space.
- Remember that plants in containers depend on you for water and food (fertilizer). Keep the soil moist.

Feeding Your Garden

Show your child how old food can be recycled to create new food for new plants by starting a compost pile that can "feed" your garden.

- You'll need a leakproof container with a lid, such as a small garbage pail. Food scraps, except meat, bones, and grease, can go in the compost pile. Drain off any liquid, then add the scraps to the container and top with a thin layer of soil. You can also add decaying leaves to the pile. Add more layers of food and soil each day until the compost pile is about four inches deep. (Keep the lid on to keep animal scavengers away.) Now just stir the food-soil mixture daily and mist with water to keep it damp.
- After about a month, your composted matter will be ready to fertilize your garden.

Name ______________________________

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My Lab Notes

Scientists always keep detailed records of their observations. As you do you plant experiments, you can record your observations below.

Type of plant ____

What I am giving the plant to grow:

_______ soil _______ water _______ light _______ other

My Observations

Draw your plant and describe your observations below.

Day 1. Date _________

Day _____ Date _________

Day _____ Date _________

Day _____ Date _________

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The following information was provided by the U.S. Department of Agriculture Food Safety and Inspection Service.

Turkey Tips

- Though it may take some searching, try to buy a fresh turkey this Thanksgiving. It will make a tasty treat!

- If you buy a frozen turkey, make sure to thaw the turkey in an unopened wrapper on a tray in the refrigerator. DO NOT THAW AT ROOM TEMPERATURE!
- If you decide to do something else for Thanksgiving, you may refreeze the turkey as long as it has not been in the refrigerator for more than two to three days. Make sure to place it on the floor of the freezer so it will freeze quickly.
- Do not stuff the bird before you are ready to cook it. Refrigerating stuffed, raw turkey is a great breeding ground for bacteria.
- Do not partially cook a turkey one day and then cook the rest the next day. This does not shorten the cooking time as you still have to bring the internal temperature up to the recommended range. Also bacteria may multiply.
- A cooked turkey will stay warm for up to an hour if covered with foil.
- After serving the turkey remove any remaining stuffing and refrigerate in a covered bowl or wrap well and freeze. Use refrigerated stuffing within three days. Frozen stuffing will last one month.
- The whole turkey or meat from the bones may be refrigerated and remain fresh for three days. Or it can be wrapped and frozen for two months.
- Leftover turkey can be made into sandwiches without mayonnaise. Wrap them well and freeze. They will thaw by noon and will be ready to eat for lunch.

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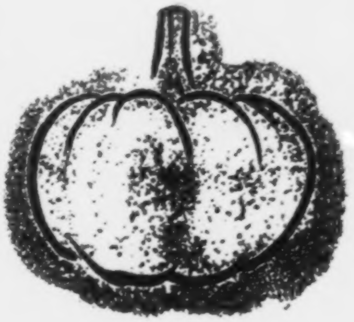
Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

Harvest Pumpkin Bread



Approximately 1 Hour, 10 Minutes, Serves 12

1 cup sugar
1/4 cup margarine
1/4 cup applesauce
2 eggs
1 cup (8 oz) solid pack pumpkin
2 cups all purpose flour
1/2 tsp. salt
2 tsp. baking powder
1/4 tsp. baking soda
1 tsp. ground cinnamon
1/2 cup raisins
1 tsp. grated orange rind
1/4 cup orange juice
1/2 cup walnuts, chopped (optional)

Preheat oven to 350°F

1. Lightly grease a 9″× 5″× 3″ loaf pan or coat with vegetable spray.
2. Beat sugar, margarine and applesauce until creamy and light (about 5 minutes). Add eggs one at a time and continue to beat. Add pumpkin and mix until smooth.
3. Combine flour, salt, baking powder, baking soda, and cinnamon. Stir into pumpkin mixture and mix until smooth.
4. Add raisins, orange rind, orange juice and nuts (optional). Stir well and pour into loaf pan.
5. Bake at 350°F for 60-65 minutes. You can test doneness by sticking a wooden pick into loaf. If it comes out clean, the loaf is done.
6. Cut into 12 slices.

Nutrients per serving (1 slice)

Calories	220	Saturated Fat	0.9 g	Iron	1.7 mg
Protein	3.7 g	Cholesterol	35 mg	Calcium	65 mg
Carbohydrate	42 g	Vitamin A	513 RE	Sodium	261 mg
Total Fat	4.9 g	Vitamin C	3 mg	Dietary Fiber	2 g

Recipe of the Month

This recipe was developed for The School Lunch Challenge, the 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use. Turn to page 104 for more information on this resource.

Turkey Pita Pizzazz

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Tomato Sauce				
Minced garlic		1/2 tsp.		1 tsp.
Bay leaf		4 ea		8 ea
Dry basil leaves		2 tsp.		1Tbsp, 1 tsp.
Dry thyme leaves		1 tsp.		2 tsp.
White pepper		1/8 tsp		1/4tsp
Oregano leaves		2 tsp.		1 Tbsp., 1 tsp.
Canned tomato juice	2 oz	1/4 cup	4 oz	1/2 cup
Canned tomato sauce	1 lb	2 cups	2 lb	1 qt
Canned tomatoes	1 lb	1¾ cups	2 lb	3½ cups
Whole wheat or white				
Pita pockets, 6 inch		25		50
Spinach leaves, wilted	1 lb., 9 oz		3 lb., 2 oz	
Cooked turkey breast, julienned	3 lb., 2 oz		6 lb., 4 oz	
Mozzarella cheese, shredded	3 lb., 2oz		6 lb., 4 oz	

Directions:

1. Combine garlic, spices and tomato juice in a saucepan or steam kettle. Boil and reduce until almost dry. Add tomato sauce and tomatoes. Bring to a boil and simmer for 10 minutes. Remove from heat. Remove bay leaves.
2. Spread 1 oz of tomato sauce over each whole pita bread.
3. Place 1/4 cup of lightly blanched spinach on sauce and top with 2 oz of turkey.
4. Place 2 oz (1/2 cup) shredded cheese on top of turkey.

Turkey Pita Pizzazz

5. Bake in a conventional oven at 350°F for 13 minutes or a convection oven at 350°F for 8 minutes, until cheese is melted.
6. Cut into halves and serve one half per serving.

Nutrients Per Serving

Calories	219 kcal	Protein	19 g	Carbohydrate	20 g
Total Fat	7.5 g	Saturated Fat	3.6 g	Cholesterol	20 mg
Vitamin A	1367 IU	Vitamin C	4 mg	Iron	2 g
Calcium	216 g	Sodium	389 mg	Dietary Fiber	3 g

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Highlights & Resource Information

American Education Week

The 1st full week preceding the 4th Thursday in November. Established by Presidential Proclamation. Focuses attention on the importance of education and all that it stands for. Contact: Connie Morris, National Education Association (NEA), 1201 16th Street, NW, Washington, DC 20036. Tel: (202) 822-7292.

Child Safety and Protection Month

To promote child safety and protection and inform PTA members about important issues affecting the lives of children and youth by suggesting a variety of year-round preventative projects for parents, schools and communities. National PTA, Ms. Ginny Markell, 2000 L St., NW, Suite 600, Washington, DC 20036. Tel: (202) 331-1380.

National Diabetes Month

Increases public awareness of the seriousness of diabetes and its complications. Also draws attention to the American Diabetes Association and its goals to encourage improved education and care for those who suffer from the disease. Contact: American Diabetes Association, 2180 WSR 434, Suite 2100, PO Box 915559, Longwood, FL 32791-5559.

National FFA Convention

The 70th National FFA (Future Farmers of America) convention will be held in Kansas City, MO. The mission of the convention is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth, and career success through agriculture education. Contact: Coleman Harris, 5632 Mt. Vernon Highway, Alexandria, VA 22309-0160. Tel: (703) 360-3600, Ext. 202. Fax: (703) 306-5524.

National Split Pea Soup Week

To promote the use of split peas in split pea soup. Contact: USA Dry Pea & Lentil Industry, Randy Duckwarth, 5071 Highway 8 West, Moscow, Idaho 83843. Tel: (208) 882-3023. Fax: (208) 882-6406.

The following activity was taken from the Team Nutrition Community Nutrition Action Kit. See page 104 for information on the availability of this resource.

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Food Guide Pyramid Food Drive

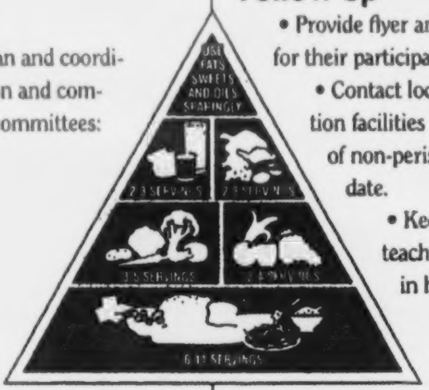
Follow The Crowd...

encourage neighbors and friends to join in! The goal of this community-based activity is to fill grocery bags with non-perishable foods from each of the groups in the Food Guide Pyramid. The food bags are then donated to local food banks or similar food distribution facilities for distribution to people in need.

At 4-6 Weeks Before Food Drive: Action Plan

Getting Started

- Establish a small committee to plan and coordinate the food drive. Select a chairperson and committee chairpersons for the following committees:
  - ○ Planning
  - ○ Promotion
  - ○ Collection and assembly
  - ○ Volunteer recruitment
  - ○ Decoration/Food
- Develop a plan for carrying out the food drive.
- Contact the principal, teachers, food service staff, local school district administrators, other schools and your Cooperative Extension office to invite their participation. Describe the activity and discuss the benefits of the activity for them and the community. You may want to include other schools in your area as well as local businesses.
- Develop a one-page flyer describing the activity. Reproduce the flyer and food list for distribution.



At 4 Weeks: Action Plan

Follow up

- Provide flyer and food list to your contacts and ask for their participation.
- Contact local food banks or other food distribution facilities to obtain acceptance of the donation of non-perishable foods. Set tentative delivery date.
- Keep an ongoing record of schools, teachers and businesses that are interested in helping with the food drive.
- Check community, school and church calendars for "open" date(s) for the food drive. The food drive itself will run over a two-week period, the last day or two being devoted to the assembly and delivery of the food bags.
- Discuss plans for publicity.
- Contact schools, community recreational facilities, grocery stores, etc., for donated space for food collection sites.

At 2 Weeks: Action Plan

- Contact local businesses and civic groups and request their involvement, such as providing assistance with transporting the food to food banks. Obtain a written commitment.
- Design a flyer to advertise the food drive which includes the list of foods suitable for donation. (Could be a contest with the design selected by the planning committee.)

At 1 Week Before 2-Week Food Drive: Action Plan

- Check with food banks to confirm they still want the food donations and make sure delivery date is OK. Get directions to the food banks as well as parking and unloading instructions.
- Schedule sessions to explain the food drive activity and review the Food Guide Pyramid concepts, etc., with youth participants. Handouts for adult volunteers are developed and distributed.
- Youth and adult volunteers commit to participate in the food drive by signing up for the following jobs:
  - Distribute flyer
  - Bring in donated food
  - Set up major collection site
  - Assemble food bags
  - Load food bags
  - Deliver food bags
  - Help with distribution of food
- Distribute food drive flyer in the school and throughout the community at supermarkets, places of worship, libraries, other schools, etc.

Day Before 2-Week Food Drive: Action Plan

- Remind students and the community that the food drive is beginning and that they have two weeks to collect food donations.

During The 2-Week Food Drive: Action Plan

- Design the Food Guide Pyramid food collection site. Design would include floor lay-out as well as decorations. For example, tape could be put on floor in the outline of a triangle and tables would be in each food group section for the food. Or, design a giant pyramid wall collage of empty packages of donated foods and have Food Group labeled tables set up along the walls for the food.

Day Before Food Assembly Day: Action Plan

- Prepare snacks and beverages for youth and adult volunteers.
- Set up registration/information tables at the entrance.
- Set up the Food Guide Pyramid food collection area

1. main deposit area for receiving donated food;
2. tables for holding foods separated into food groups;
3. food bag assembly area;
4. holding area for bagged food prior to loading into delivery vehicles; and
5. tables and chairs where volunteers can relax.

- Place empty food bags on assembly table.
- Mark area in front of collection site for "dropoff" parking while delivering food items.
- Put up poster or banner at the entrance to advertise the food drive.

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Assembly Day: Action Plan

- Welcome the volunteers who are there to receive the donated food and get it ready for delivery to the food banks.
- Review traffic control procedures with the traffic person, so things run smoothly during food dropoff.
- Greet food donators at the entrance and explain that they are to deposit food on the main receiving table.
- Students, parents and volunteers separate the food into the food groups and place on the appropriate food group tables.
- Assemble food bags according to suggestions from the food bank.
- Load the food bags and any extra food items into the vehicles for transporting to the food bank. Call the food bank and let them know estimated arrival time.

Close-Out: Action Plan

- Ask students to assist with cleaning up the refreshments, collecting and loading areas.
- Close the activity by thanking all the students and volunteers.

Info Note:

The first time you conduct this activity you may want to limit it to classes within your school or to just your school.

As you become more experienced, you may want to expand to include other schools and the community and include several dropoff sites. Then donations could be brought to a central location before taking them to the food banks. Or, you could have several Food Guide Pyramid food drive collections okay the bag assembly and delivery.

Use this chart to help you select non-perishable foods for your Community Food Drive.
When assembling the food bags, choose at least one food from each food group.
(Choose plastic containers rather than glass whenever possible.)

Food Bank Wishlist

FATS, OILS, SWEETS

- Jelly
- Sugar
- Syrup
- Preserves
- Vegetable oils
- Lite mayonnaise
- Lite salad dressings

MILK GROUP

- Dried milk
- Infant formula
- Evaporated milk
- Boxed sterile milk
- Canned and boxed pudding
- Parmesan and romano cheeses

MEAT GROUP

- Nuts
- Peanut butter
- Beef stew
- Bean soup
- Baked beans
- Canned chili, tuna, chicken, or salmon
- Canned or dried beans and peas

VEGETABLE GROUP

- Tomato sauce
- Tomato paste
- Canned yams
- Vegetable soup
- Spaghetti sauce
- Canned vegetables
- Baby food vegetables
- Tomato juice
- Instant mashed potatoes

FRUIT GROUP

- Raisins & other dried fruit
- Baby food fruit
- Applesauce
- Fruit cocktail
- Canned pumpkin
- 100% fruit juices
- Canned peaches, juice packed
- Canned pineapple, juice packed
- Canned pears, juice packed

GRAIN GROUP

- Pancake mix
- Rice pilaf
- Rigatoni
- Cereal, ready-to-eat
- Quick bread mix
- White flour
- Macaroni & cheese boxed mix
- Infant cereal
- Macaroni
- Oatmeal
- Grits
- Cream of wheat
- Pretzels
- Muffin mix
- Brown rice
- Spaghetti
- Noodles
- Canned pasta
- Shredded wheat
- Whole-wheat flour
- White rice
- Cornmeal
- Biscuit mix
- Graham crackers
- Bran cereals
- Noodle soups

Source: Adapted from Pennsylvania Dietetic Association's Pyramid Power Food Drive.

PARENT REPRODUCIBLE

Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

New Oatmeal Raisin Cookies

20 Minutes, Serves 2½ dozen cookies

3/4 cup sugar
2 tbsp. margarine or butter
1 fresh large egg
2 tbsp. lowfat milk
1/4 cup canned applesauce
3/4 cup all-purpose flour
1/4 tsp. baking soda
1/2 tsp. ground cinnamon
1/8 tsp. ground nutmeg
1/4 tsp. salt
1¼ cup quick oats
1/2 cup raisins

Preheat oven to 350°F

1. Guide children in using an electric mixer on medium speed. Cream sugar and margarine or butter until smooth and creamy.
2. Ask child to slowly add egg. Mix on medium speed for 1 minute.
3. Child can slowly add milk and applesauce. Mix for 1 more minute. Scrape the sides of the bowl.
4. In a small bowl, help child combine together flour, baking soda, cinnamon, nutmeg, and salt. Add dry ingredients gradually to the creamed mixture and mix on low speed for 2 minutes, until blended.
5. Add oats and raisins and blend for 30 seconds on low speed. Scrape the sides of the bowl.
6. Child can portion dough by rounded teaspoons onto lightly greased cookie sheets.

Bake for 10-13 minutes until lightly browned. Cool on a wire rack. Yummy!

Nutrients per serving (1 cookie)

Calories	70	Saturated Fat	0.3 g	Iron	.4 mg
Protein	1g	Cholesterol	8 mg	Calcium	7 mg
Carbohydrate	14 g	Vitamin A	14 RE	Sodium	42 mg
Total Fat	1.3 g	Vitamin C	0 mg	Dietary Fiber	1 g

Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals.*
Turn to page 104 for more information on this resource.

Vegetable Chili

	50 Servings		100 Servings	
Ingredients	**Weight**	**Measure**	**Weight**	**Measure**
Vegetable oil		1/4 cup		1/2 cup
*Onions, chopped	1 lb. 4 oz	1 qt	2 lb., 8 oz	2 qt
or				
**Dehydrated onions	3½ oz	1 cup	7 oz	2 cups
*Fresh green peppers, chopped	9oz	2 cups	1 lb., 2 oz	1 qt
or				
**Dried green peppers	1/2 oz	1/3 cup	1 oz	2/3 cup
Chili powder	3 oz	3/4 cup	6 oz	1½ cups
Cumin	1 oz	1/4 cup	2 oz	1/2 cup
Granulated garlic		1 Tbsp., 1 tsp.		2 Tbsp., 2 tsp.
Onion salt		2 tsp		1 Tbsp, 1 tsp
Red hot sauce (optional)		1/4 cup		1/2 cup
Brown sugar	4 oz	1/2 cup	8 oz	1 cup
Canned crushed tomatoes	6 lb. 11 oz	1 No. 10 can	13 lb. 6 0z	2 No. 10 cans
Canned diced tomatoes, drained	1 lb.	2½ cups	2 lb.	1 qt 1 cup
Canned Kidney beans, drained	8 lb. 1 oz	3 qt 1/2 cup	16 lb. 2 oz	1 gal., 2 qt., 1 cup
No. 3 Bulgur wheat	1 lb.	3 cups	2 lb.	1 qt 2 cups
Water		1 qt		2 qt
Lowfat plain yogurt	2 lb.	1 qt	4 lb.	2 qt
Lowfat cheddar cheese, shredded	3 lb. 2 oz	3 qt 1/2 cup	6 lb. 4 oz	1 gal 2 qt 1 cup

**See Marketing Guide*

*** When using dried vegetables, rehydrate in an equal amount of water. Do not drain before using.*

Directions

1. Heat the oil in a steam-jacketed kettle.
2. Add the chopped onions and saute 3 minutes, until translucent.
3. Add the chopped green peppers and saute 2 minutes, until tender.

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Vegetable Chili

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4. Add the chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
5. Add the kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
6. Add yogurt and stir to blend.
7. Sprinkle 1/4 cup of cheddar cheese on top of each serving.

Serving:	3/4 cup (6-oz ladle) provides the equivalent of 2 ounces of cooked lean meat, 3/8 cup of vegetable, and 1/4 serving of grains/breads
Yield:	50 servings: 20 lb. 6 oz 100 servings: 40 lb. 12 oz
Volume:	50 servings: 1 gal 3 qt 2 cups 100 servings: 3 gal 3 qt

Nutrients Per Serving

Calories	201	Saturated Fat	1.7 g	Iron	2.5 mg
Protein	15 g	Cholesterol	7 mg	Calcium	214 mg
Carbohydrate	27 g	Vitamin A	126 RE/1130 IU	Sodium	637 mg
Total Fat	4.5 g	Vitamin C	17 mg	Dietary Fiber	7 g

Marketing Guide for Selected Items

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Onions	1 lb. 7 oz	2 lb. 14 oz
Green peppers	12 oz	1 lb. 7 oz

JANUARY ACTIVITIES

The following activities were taken from Scholastic Inc. educational curriculum for Team Nutrition's "Food Time," Lesson #5, for Grades 1&2. To order a complete set of materials for this and other grade levels, call 1-800-SCHOLAS(TIC).

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We Are What We Eat

Why should children choose to eat a healthy diet? They answer this question when they outline the benefits they would expect to gain from eating a healthy diet. These benefits provide the motivation to evaluate their diets using the Food Guide Pyramid and set goals to improve their diets.

What Students Do

record the foods they eat over the course of a day ○ make a poster to show those foods ○ sort the foods according to the Food Guide Pyramid ○ make their own pyramids showing their diets ○ set goals to improve their diets ○ write a letter asking food service workers for help

Skills Developed

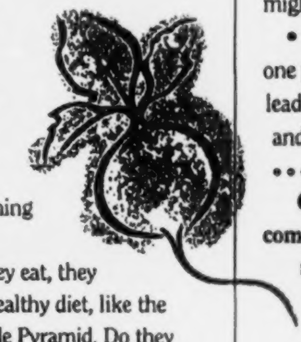
recording data ○ sorting ○ counting ○ adding ○ writing ○ making a chart

Materials

My Food Diary ○ Set a Goal ○ butcher paper ○ markers or crayons ○ different colored blocks ○ scissors ○ paste ○ parent reproducible "Understanding the New Nutrition Facts Label"

Before You Begin: Distribute "My Food Diary," a food diary recording sheet. Ask children to keep track of what they eat over a 24-hour period, recording their data in words or pictures. They should bring their diaries to class.

Getting Started



- Initiate a discussion by asking: Why do you eat? Record the responses on the board.
- As a class, children discuss the various reasons for eating and rank them in order of importance. For example, hunger, taste, energy, learning better, etc.
- Once they have decided why they eat, they can discuss why they should eat a healthy diet, like the one recommended in the Food Guide Pyramid. Do they give the same reasons for choosing a healthy diet as they did for eating? Why or why not? If they don't suggest reasons such as growing big and strong, having lots of energy, or looking and feeling good, you can suggest that these might be some of the benefits of healthy eating.
- Remind children that healthy eating habits are just one part of a healthy lifestyle. What other things help them lead healthier lives? You can ask them what roles exercise and having fun play in making them feel good.

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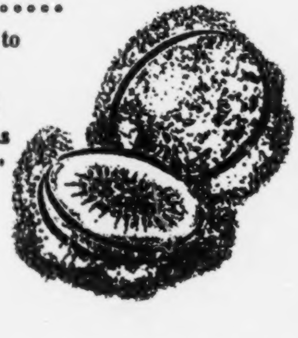
Challenge children to come up with slogans to motivate others to eat healthy diets, such as "Devour for Power."



Activity 1 What I Feed My Body

In pairs, children use markers or crayons to trace the outlines of each other onto butcher paper. Students now have an outline of their bodies. They take out their completed food diary reproducibles and draw pictures of the food they ate inside their body outlines. On the same piece of butcher paper—but not within their outlines—they keep a tally of how many foods from each food group they ate. Children then add the number of foods in each food group and write the total for each group across the bottom of the paper.

Children can hang their body outline posters around the classroom. They can use the information on these posters to write number stories for friends to solve. For example, "I had potatoes and meat and carrots and butter for dinner. How may food groups did I eat?"

Activity 2 What Does My Pyramid Look Like?

Children use building blocks of different colors to represent each serving of the foods they ate. They must think about how they will represent each food. For example, a hamburger with a slice of tomato, a piece of lettuce, and a bun has foods from three food groups. But how many servings of each does it contain?

Once they have figured out how to represent the different foods with the blocks, ask them to build their personal pyramids, using the information on their posters. To do this, children should attempt to stack the blocks, with grain-based foods on the bottom, fruits and vegetables on the next level, then meats and dairy, and, finally, sweets and oils at the top.

- Did they have enough grains to make a strong base?
- Could their pyramids stand themselves or did the foods near the top unbalance them?
- Did their stacks look like the Food Guide Pyramid?

Children compare their personal pyramids to the Food Guide Pyramid. What food groups do they need to eat more of? Are there any foods they should be eating less of if they want their pyramids to stand up?

Wrap It Up—Set Your Personal Goals

Children use what they learned in building their pyramids to set goals that will improve their diets. Explain that to reach their final goal of a balanced personal pyramid, they will need to set specific goals for each major food group. For example, a child might decide to eat fruit at snack time instead of candy. Have children fill in their goal on the "Set a Goal" worksheet, cut it out, and paste it to the body outline poster they made in this lesson. Every day they meet their goal, they color in a Taste Champion on the reproducible, cut it out, and paste it to their outlines. If a child's pyramid is already close to the Food Guide Pyramid, they can set a goal of eating a number of new foods.

Lunchroom link

Children can write a letter to the lunchroom staff, explaining what they learned about the Food Guide Pyramid and their diets. They can explain to the staff which goals they set for themselves, telling them the food groups the class needs help in increasing. Children can prepare a list of their favorite foods from the different food groups, and ask the staff to use it in planning menus that would help them achieve their goals.

Home Connection

The Nutrition Facts label that appears on foods is a helpful tool in making food choices for healthy eating. Distribute "Understanding the New Nutrition Label," so families can make use of this nutrition information.

STUDENT REPRODUCIBLE

Name ______________________________

My Food Diary

Start with breakfast. Draw all the foods you ate in one day. How many servings did you eat from each of the five major food groups?

Breakfast

Lunch

Dinner

Snacks

Name ____________________

Set a Goal

1. Which food groups do you eat enough of? ____________________

2. Which food groups do you need to eat more of? ____________________

3. Which food groups do you need to eat less of? ____________________

Choose one major food group to eat more of.
Write the name of this food group in this shape.
Cut the shape out and paste it on you poster.

I want to eat more

____

When you meet the food group goal, cut out a
Taste Champion and paste it onto your poster.

Taste Champion

Taste Champion

Taste Champion

Taste Champion

Taste Champion

Taste Champion

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Understanding The Nutrition Facts Label

The Nutrition Facts label makes it easier for people to know that is in the food they eat. Comparing these labels will help you to determine which foods have lower fat or fewer calories, which foods make healthy snacks, and which are acceptable for special diets. As a parent, the new label can be used to make informed food choices that will benefit your entire family.

Calories Allows you to compare the calorie content per serving. When comparing similar foods be sure to check that the serving sizes are the same.

Nutrition Panel The nutrients required to appear on the nutrition panel are those most important to the health of people today, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals.

Conversion Guide Reveals the calorie value of the energy-producing nutrients.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
* Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size Information Serving sizes are given in both household and metric measures, and reflect the amounts people actually eat.

% Daily Value Shows how a food in the specified amount fits into the overall daily diet. High percentage mean greater amounts of nutrients.

Reference Values This section helps you learn good diet basics. These figures can be adjusted, depending on a person's calorie needs.

Recipe of the Month

This recipe was provided by the California Prune Board, Prune Savvy/PTF,
PO Box 10157, Pleasanton, CA 94588. Tel: (510) 734-0150.

Fudgy Brownies

Makes 2 dozen brownies

4 ounces unsweetened chocolate
1/2 cup prune puree*
3 large egg whites
1 cup sugar
1 teaspoon salt
1 teaspoon vanilla
1/2 cup flour
1/4 cup chopped walnuts

Preheat oven to 350° F.

1. Coat an 8-inch square baking pan with vegetable cooking spray; set aside.
2. Cut chocolate into 1-inch pieces and place in heat-proof bowl. Set over low heat in small skillet containing 1/2 inch simmering water. Stir occasionally just until chocolate is melted. Remove from heat; set aside.
3. In mixer bowl combine all ingredients except flour and walnuts; beat to blend thoroughly.
4. Mix in flour. Spread batter in prepared pan; sprinkle with walnuts.
5. Bake about 30 minutes until springy to the touch about 2 inches around edges. Cool on rack. Cut into 1½ × 2¼ inch bars.

***Prune Puree:**
Combine 1⅓ cups (8 ounces) pitted prunes and 6 tablespoons hot water in container of food processor. Pulse on and off until prunes are finely chopped. Makes 1 cup. To store, cover and refrigerate up to one month. Or, look for prepared fruit puree fat replacement in the supermarket with prunes (dried plums) in the cooking oil or baking ingredients section.

Nutritional Information Per Serving:

Calories	90	Calories from Fat	32%	Dietary Fiber	1 g
Carbohydrate	15 g	Cholesterol	0		
Total Fat	3 g	Sodium	107 mg		

Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals*.
Turn to page 104 for more information on this resource.

Thick Vegetable Soup

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Low-sodium vegetable stock		3 gal		6 gal
Dry pinto beans (See preparation note)	8 oz	1¼ cups	1 lb	2½ cups
Dry lentils	8 oz	1¼ cups	1 lb	2½ cups
Pearled barley	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups
*Onions, finely diced	1 lb	3½ cups	2 lb	1 qt 3 cups
or				
Dried onions	2 oz	3/4 cup	4 oz	1½ cups
*Fresh carrots, 1/2" dice	2 lb	1 qt 2 cups	4 lb	3 qt
*Fresh celery, 1/2" dice	8 oz	3½ cups	1 lb	1 qt 3 cups
*Fresh white potatoes, peeled, cubed	1 lb	3 cups	2 lb	1 qt 2 cups
Tomato paste	8 oz	1 cup	1 lb	2 cups
White pepper		1 tsp		2 tsp
Frozen corn	1 lb	3 cups	2 lb	1 qt 2 cups
Frozen cut green beans	1 lb	1 qt	2 lb	2 qt
*Fresh cabbage, shredded (optional)	1 lb	1 qt 1/2 cup	2 lb	2 qt 1 cup

**See Marketing Guide*

Directions

1. Pour vegetable stock into steam-jacketed kettle and bring to boil.
2. Add soaked pinto beans, cover, and simmer for 30 minutes.
3. Add lentils, barley, onions, carrots, celery, potatoes, tomato paste, and white pepper. Simmer, covered, for 20 to 25 minutes.
4. Add corn, green beans, and cabbage (optional) and simmer, covered, for 15 minutes.

Special Tip: Garnish with Parmesan cheese

Thick Vegetable Soup

Preparation Note:

Soaking Beans, Overnight method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and let stand overnight in a refrigerator. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Serving:	1 cup (8 ounce ladle) provides 1/4 serving of cooked dry beans, 3/8 cup of vegetable, and 1/2 serving of grains/breads
Yield:	50 servings: 28 lb 13 oz 100 servings: 57 lb 10 oz
Volume:	50 servings: 3 gal 1 qt 100 servings: 6 gal 2 qt

Nutrients Per Serving

Calories	142	Saturated Fat	.4 g	Iron	1.8 mg
Protein	9 g	Cholesterol	0 mg	Calcium	35 mg
Carbohydrate	23 g	Vitamin A	477 RE/4767 IU	Sodium	86 mg
Total Fat	1.8 g	Vitamin C	7 mg	Dietary Fiber	6 g

Marketing Guide for Selected Items

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Onions	1 lb 2 oz	2 lb 4 oz
Carrots	2 lb 14 oz	5 lb 12 oz
Celery	10 oz	1 lb 4 oz
Potatoes	1 lb 4 oz	2 lb 8 oz
Cabbage	1 lb 3 oz	2 lb 5 oz

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Highlights & Resource Information

National Fiber Focus Month

To recognize the contributions fiber makes toward maintaining good health. Contact: General Mills, Karen Wilder, PO Box 1113, Minneapolis, MN 55440. Tel: (612) 540-2449.

National Prune Breakfast Month

To encourage Americans to start each day with a nutritious breakfast; to communicate the many benefits of prunes: their good taste, high fiber and versatility; and to dispel misconceptions about prunes. Contact: California Prune Board, David Magill, 1005 Sansome St., Suite 200, San Francisco, CA 94111. Tel: (415) 392-0878.

Oatmeal Month

Celebrate oatmeal, a low-fat sodium-free whole grain which is a good source of fiber. Include versatile oatmeal in menus all day long. Enjoy hot oatmeal for breakfast, oatmeal cookies for snacks, and oatmeal in muffins, breads and other baked goods. Contact: Quaker Oats, Steve Ink, Director of Nutrition, 617 W. Main Street, Barrington, IL 60010. Tel: (708) 304-2071.

FEBRUARY ACTIVITIES

The following activity was taken from Scholastic Inc. educational curriculum for Team Nutrition's Food Time, Lesson #4, for Grades 1&2. To order a complete set of materials for this and other grade levels, call 1-800-SCHOLAS(TIC).

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Pyramid Power

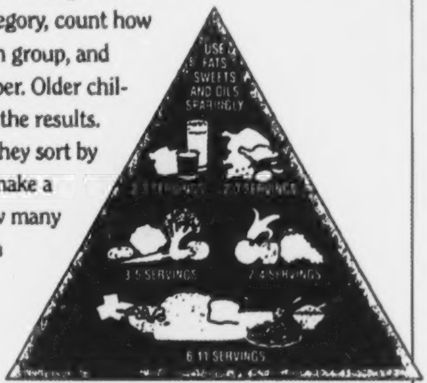
Objective: Children learn how they can use the Food Guide Pyramid to help them construct a healthy diet. Children love to count and sort things. This lesson presents the USDA's Food Guide Pyramid as a way to sort and count foods with an important purpose—to grow strong, healthy, and smart.

Activity 1 All Sorts of Food

Have children work in teams. First, ask each team to display the foods they have drawn or brought in. Then have teams sort their foods. You may wish to get them started by suggesting different ways to sort: alphabetically; by meals in which they are often served; by colors; by tastes; and so on.

Each team brainstorms as many different ways to sort the foods as they can. After a set period of time, ask a spokesperson from each team to share their ideas with the class. List the sorting ideas on the board. Children then pick one sorting idea they have not tried and sort their foods that way. Make sure they carefully label each category they use.

Children can record the results of the different sortings. Younger ones can arrange the foods according to category, count how many are in each group, and record the number. Older children may graph the results. For example, if they sort by color, they can make a bar graph of how many foods are in each color.



Activity 2 Introducing the Food Guide Pyramid

You can tell children the pyramid shows one way to sort foods. The United States Department of Agriculture with the support of the Department of Health and Human Services created this pyramid to help people choose healthy diets. Give children time to look over the pyramid and talk about it among themselves.

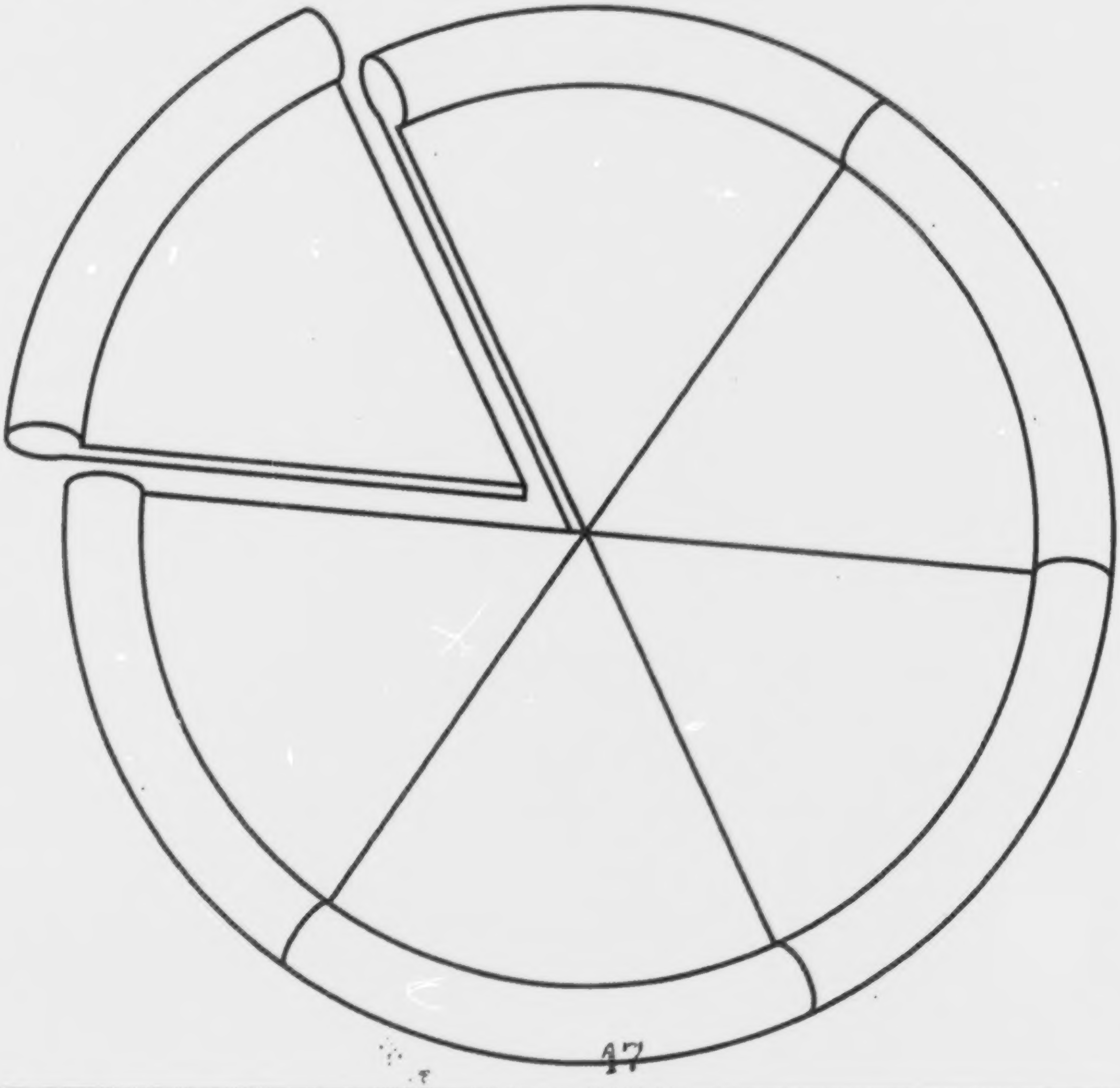
Next, explain that each major food group in the pyramid is important. Together they provide the body with the nutrients it needs. The very top of the pyramid is not considered a major food group, because these foods have calories and little else nutritionally. Note that the bread, cereal, rice, and pasta group will be referred to as the "grain group".

Activity 3 Sort a Pyramid

Have children sort their foods according to the categories in the pyramid. You can make a pyramid shape on the floor using tape. Children can place their foods at the appropriate place within the pyramid. They will have to decide how to categorize combination foods, such as pizza, that contain foods from more than one group. (They could use manipulatives to represent the different foods in such a combination).

Pyramid Pizza

A pyramid pizza has all the major food groups on it. Buddy loves to eat pyramid pizza. Make a pyramid pizza for Buddy. Here is the pizza base. It is made from grains. Draw in the rest of the pizza. Add foods from all the other food groups.



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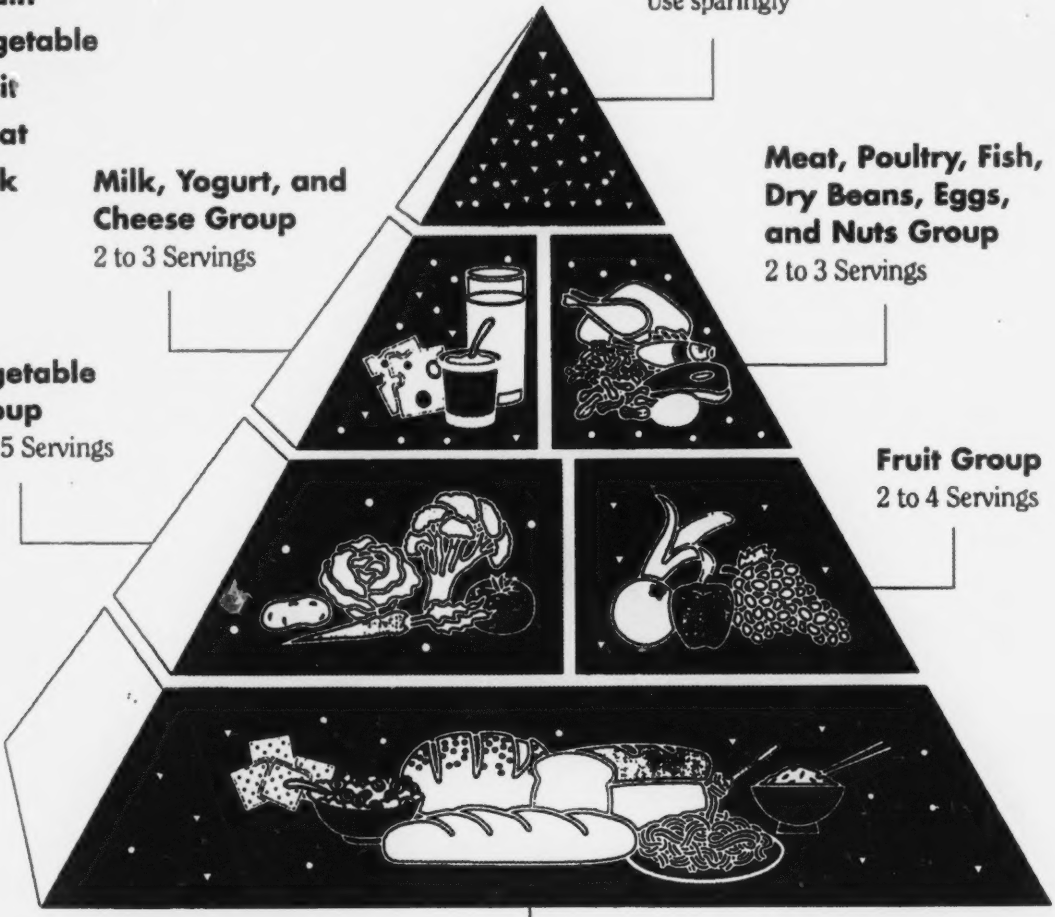
The Food Guide Pyramid

You should eat foods from the five major food groups every day.
You can use this pyramid to help you choose foods.

The five major food groups are:

- **Grain**
- **Vegetable**
- **Fruit**
- **Meat**
- **Milk**



Fats, Oils, and Sweets
Use sparingly

Milk, Yogurt, and Cheese Group
2 to 3 Servings

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
2 to 3 Servings

Vegetable Group
3 to 5 Servings

Fruit Group
2 to 4 Servings

Bread, Cereal, Rice and Pasta Group
6 to 11 Servings

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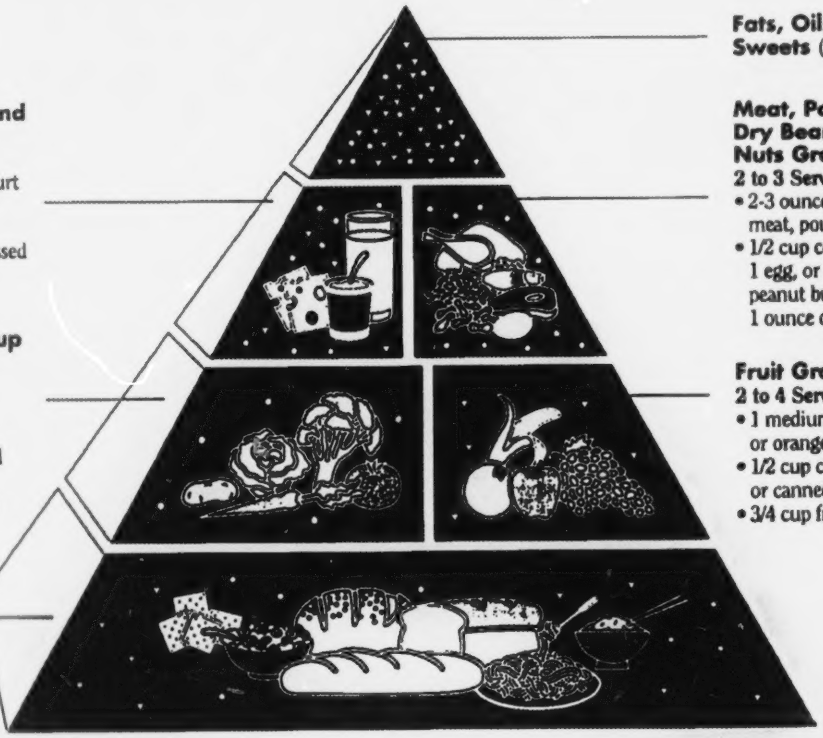
Building Healthy Meals and Snacks

The US Department of Agriculture's Food Guide Pyramid, which appears below, is a guide you and your family can use to assess your eating habits. It presents guidelines for choosing foods that provide the right balance of vitamins, minerals, and other nutrients and examples of typical serving sizes. With your child, you can create tasty menus that meet the goals you set based on the pyramid.



Fats, Oils, and Sweets (use sparingly)

Milk, Yogurt, and Cheese Group
2 to 3 Servings
- 1 cup milk or yogurt
- 1-1/2 ounces of natural cheese
- 2 ounces of processed cheese

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts Groups
2 to 3 Servings
- 2-3 ounces cooked lean meat, poultry, or fish
- 1/2 cup cooked dry beans, 1 egg, or 2 tablespoons peanut butter count as 1 ounce of lean meat

Vegetable Group
3 to 5 Servings
- 1 cup raw leafy vegetables
- 1/2 cup of other vegetables, cooked or chopped raw
- 3/4 cup vegetable juice

Fruit Group
2 to 4 Servings
- 1 medium apple, banana, or orange
- 1/2 cup chopped, cooked, or canned fruit
- 3/4 cup fruit juice

Bread, Cereal, Rice and Pasta Group
6 to 11 Servings
- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta

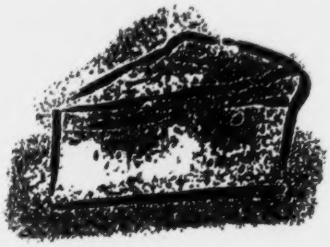
KEY
● Fat (naturally occurring and added)
▼ Sugars (added)
These symbols show fat and added sugars in foods.

Remember! The calorie needs of elementary school children vary. Each day, your child should be eating the lower-to-middle number of servings suggested on the Food Guide Pyramid for each of the five major food groups.

Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

Easy Cake Delight



35 Minutes, Serves 24

1 box of cake mix (chocolate, lemon or any flavor)
1/4 cup applesauce (or 1/4 cup vegetable oil)
2 eggs (or 4 egg whites or 1/2 cup cholesterol-free egg substitute)
1¼ cup water
1 box instant pudding (chocolate, lemon, or any flavor)

Directions

1. Spray 9″× 13″ pan with vegetable spray.
2. Mix together the above ingredients. Beat until fluffy.
3. Bake at 350°F for 35 minutes.

Nutrients per serving (1 slice)

Calories	117	Saturated Fat	0.5 g	Iron	0.4 mg
Protein	1 g	Cholesterol	18 mg	Calcium	32 mg
Carbohydrate	21 g	Vitamin A	8 RE	Sodium	208 mg
Total Fat	2.9 g	Vitamin C	0 mg	Dietary Fiber	0 g

Recipe of the Month

Stir-Fry

(Beef, Chicken, Pork)

Ingredients	50 Servings Weight	Measure	100 Servings Weight	Measure
Low-sodium soy sauce		1 cup		2 cups
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1¾ cups
Ground ginger		1/2 tsp		1 tsp
Granulated garlic		3 Tbsp		6 Tbsp
White pepper		2 tsp		1 Tbsp 1 tsp
Low-Sodium Chicken Stock, non-MSG		2 qt		1 gal
Fresh mixed vegetables:				
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal
*Fresh carrots, peeled, 1/4" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt
or				
**Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb	
Vegetable oil		1/2 cup		1 cup
Boneless beef in 1/2" cubes	1- lb 4 oz		20 lb 8 oz	
Vegetable oil		1 cup		2 cups

**See Marketing Guide*

***If using Oriental vegetables, add frozen vegetable to sauteed chicken in Step 5*

Directions

1. Dissolve cornstarch in soy sauce. Add spices.
2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
3. Cook for 3 to 5 minutes, until thickened. Remove from heat.

PREPARE NO MORE THAN 50 PORTIONS PER BATCH

4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
5. Saute beef cubes in oil for 2 to 3 minutes until no signs of pink remain. Add beef to vegetables in steam table pan. Add sauce and mix to coat beef and vegetables. Heat to serving temperature.

Stir-Fry
(Beef, Chicken, Pork)

Variations

Chicken Stir-Fry

50 Servings: Follow Steps 1-4. In step 5, use 9 lb skinless, of boneless Chicken breast, cut in 2″× 2″. Saute chicken in oil for 3 to 5 minutes, until no sign of pink remain.

100 servings: follow Steps 1-4. In step 5, use 18 lb of skinless, boneless chicken breast, cut in 2″× 2″. Saute chicken in oil for 3 to 5 minutes, until no signs of pink remain.

Pork Stir-Fry

50 servings: Follow Steps 1-4. In step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in 1/2″ cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In step 5, use 23 lb 2 oz of boneless pork shoulder or loin, cut in 1/2″ cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

Special Tips:

1. For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to saute beef, for each 50 servings.
2. Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Serving:	1 cup (2 No. 8 scoops) provides 2 ounces of meat and 5/8 cup of vegetable
Yield:	50 servings: 23 lb 4 oz 100 servings: 46 lb 8 oz

Nutrients Per Servings

Calories	208	Saturated Fat	1.4 g	Iron	1.5mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A	1355 RE/13640 IU	Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Broccoli	6 lb 15 oz	13 lb 14 oz
Carrots	8 lb 1 oz	16 lb 2 oz
Onions	1 lb 7 oz	2 lb 14 oz

Highlights & Resource Information

American Heart Month & National Have a Heart Day

Volunteers across the nation provide educational information about heart disease and stroke. During 1998, the American Heart Association's 50th anniversary as a voluntary health agency, the observance focuses upon cardiovascular disease's impact on women. In recent years more women than men have died from cardiovascular disease. And in the United States cardiovascular disease is the leading cause of death among women. For information or to order AHA's new schoolsite program, HEARTPOWER!, call local AHA offices at (800) AHA-USA1 or write to the American Heart Association. National Center, 7272 Greenville Ave., Dallas, TX 75231. http://www.americanheart.org.

Black History Month

Traditionally the month containing Lincoln's birthday and Frederick Douglas's presumed birthday. Observance of a special period to recognize achievements and contributions by African Americans. Launched February 1926.

California Kiwi Fruit Day

National campaign to educate Americans about the nutritional benefits of kiwi fruit.

National Cherry Month

We won't tell a lie—February is National Cherry Month (honest). The ruby-red color of tart cherries is perfect for patriotic celebrations on President's Day and for romantic offerings on Valentine's Day or any special occasion throughout the month. Contact: Cherry Marketing Institute, Jane Baker, PO Box 30285, Lansing, MI 48909-7785. Tel: (616) 669-4262. Fax: (616) 669-3354.

National FFA Week

National FFA's (Future Farmers of America) nearly 450,000 members in 7,264 chapters across the United States, Guam, Puerto Rico, and the Virgin Islands organize events and activities fostering and supporting agricultural education and the FFA. Contact: Carol Duval, 5632 Mt. Vernon Memorial Highway, PO Box 15160, Alexandria, VA 22309-0160. Tel: (703) 360-3600

National Pancake Week

Created by Bisquick Baking Mix to celebrate the versatility and long heritage of the pancake. General Mills, Pam Becker, PO Box 1113, Minneapolis, MN 55440. (612) 540-2470. Fax: (612) 540-7926.

National PTA Founders' Day

Celebrates the PTA's founding in 1897. Contact: National PTA, Joan Dykstra, 330 N. Wabash Ave., Suite 2100, Chicago, IL 60611-3690.

Now We're Cooking!

This complete, easy-to-use program helps children to learn to prepare tasty, healthy meals for themselves and their families through hands-on learning. It also stresses the importance of family meals as a time for sharing, bonding and passing on cultural traditions. California Department of Education, Child Nutrition Division, NET, 560 J St., Sacramento, CA 95814. Tel: (916) 323-2473. Fax: (916) 323-4311.

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USDA's Great Nutrition Adventure

Each school district and Team Nutrition School was sent a USDA's Great Nutrition Adventure Action Packet that includes a detailed event planner, a lively and descriptive video, "A Taste of Regional Events," The Chef's Connection—A Directory of Chefs for School Partnerships, promotional materials, recipes, and full color photos to help you plan a successful activity. If you haven't already examined the packet, pull it off your shelf and put it to use! A basic plan is outlined below. For more information on USDA's Great Nutrition Adventure, contact your local school food service district director, state or regional FCS office.

Getting Started

Identify Dates

- Plan a Great Nutrition Adventure planning meeting (include chefs and other partners).
- Choose a date for the Great Nutrition Adventure.

Handouts

- Decide on handouts to give to students, parents, and guests, such as chef's recipes and USDA nutrition information.
- Look for other resource materials from: State Nutrition Education and Training (NET) Coordinators, Cooperative Extension, "Ag in the Classroom," American Heart Association, American Cancer Society, American Academy of Pediatrics, 5 A Day, American Dietetic Association, and others.

Action Plan

At 7-5 Weeks...

1. Invite Chefs

Make a goal of inviting at least 4-6 chefs. How do you find them? Contact the local chapter president of the American Culinary Federation, the American Institute of Wine and Food, the James Beard Foundation, CHEFS from Public Voice for Food and Health Policy; refer to "The Chef's Connection" in your Great Nutrition Adventure Action Packet; or contact chefs in the local area from a restaurant or catering business.

2. Schedule a Planning Meeting

Describe the Great Nutrition Adventure and invite chefs to be a part of the event—either to work with the food service staff preparing lunch or to talk to students in a classroom about foods. Suggest some ideas or activities they can do (see "Good Ideas, on page 49.) Tell them about the School Meals Initiative for Healthy Children and the goals of the Dietary Guidelines.

Give chefs the proposed date of the Great Nutrition Adventure. Once committed, ask for a good date and time to attend a planning meeting at the school. Chefs will want to tour the kitchen and meet the school food service staff.

At 6-4 Weeks...

Conduct a Planning Meeting

Discuss the following points in your meeting.

- Discuss possible ideas for your Great Nutrition Adventure (see Good Ideas, page 49.)
- Determine which chefs would like to talk to children in the classroom.
- Determine which chefs would like to work side-by-side with school food service staff to prepare school lunch. (If the school has satellite service of a large volume of food, discuss logistics of using the food preparation kitchen facility; some chefs may have to help the day before the event).
- Discuss and plan a Great Nutrition Adventure Menu that meets the Dietary Guidelines. Consider modifying the existing menu or ask chefs to bring in and share their specialties to add to the menu. Encourage the use of USDA commodities when possible.
- Be sure the menu is practical, yet offers a challenge. There should be something new for children to try: healthy, appetizing, and with eye appeal. Remember kids eat with their eyes!
- Plan for the procurement of foods. Look over current inventory. Ask chefs what food items they will need, compared to what is already in stock...particularly spices. Plan for extra numbers to feed, i.e. parents, visitors, guests, including the media. Order enough food!
- Discuss tie-ins and other activities that local food, nutrition, and health organizations can present at the Great Nutrition Adventure.
- Build excitement in schools! Discuss activities leading up to the Great Nutrition Adventure, i.e. public announcements, poster contests, newsletter items, bulletin board displays, nutrition education activities and games, other classroom events, etc.
- Ask for new ideas from the planning team and develop a specific plan.
- Discuss plans for media coverage, local TV, and pre-event publicity.
- Tie-in the activity with National Nutrition Month (March), or a School Health Fair.
- Consider inviting State Agency, local ASFSA representatives, or other local school food service managers to attend the event.
- Tour the school—show chefs the kitchen, classroom areas, cafeterias, entrances, parking areas, etc.
- Plan a final meeting, if necessary.

Media Plan

- Designate a specific spokesperson(s) to talk to the media.
- Develop a one-page press release—tell who, what, where, when and how, clearly and concisely. Include title, date, and location. Include a contact person and phone number for further information.

Action Plan at 5-3 Weeks...

Write the Action Plan

Write the Great Nutrition Adventure Action Plan including all of the details determined in your first planning meeting, and remember to include:

- Publicity plan
- Atmosphere/decorations
- Equipment needs (helium tank rental, demonstration table)
- Foods/herbs/spices and utensils needed
- Identify possible use of USDA commodities
- Identify handouts for students and guests
- If possible, make plans to provide a nutrient analysis of the menu and/or recipes.

Invite Guests

- Send out invitations to parents and guests discussed above, including school board officials, the school superintendent, and other important community leaders.

Media Plan

- Find out who is the right person to fax, mail or e-mail press releases, background information and "teasers" to. Faxing is usually the best way.
- Ask to speak to that person to establish a personal contact and to get them interested in the upcoming event.

At 4-2 Weeks...

Meet with School Professionals

- Work with the school principal and teachers to place chefs in classrooms. (The more chefs, the more classrooms will get a chef!)
- Meet with the entire food service professional staff and go over the menu planned for the Great Nutrition Adventure lunch. Identify who will be working with chefs and their duties based on the menu.
- Announce a poster contest in the school for targeted grades. Ask that students "Draw the Great Nutrition Adventure" or provide a theme, i.e. "What the Great Nutrition Adventure means to me." Make it a contest. Put posters up in the cafeteria, classrooms, or hallways.
- Ask teachers to link curricula in the classroom with nutrition education. Present the Food Guide Pyramid and discuss health and fitness.

Follow up with Chefs

- Follow up with chefs for recipes and biographies.
- If a nutrient analysis of your menu will be provided, it's time to get all the information!

Media Plan

- Create a media kit including press release, biographies/photos of chefs and chefs' recipes. Provide reporters with media kit as soon as available.
- Designate a photographer.

At 2-1 Weeks...

School Activities

- Put up Great Nutrition Adventure announcements. Post the menu of the day.
- Check that proper food has arrived.
- Assemble all nutrition handouts and promotional materials for giveaway.
- Promote healthy eating on school bulletin boards.
- Prepare the school principal to provide "teasers" and promote the Great Nutrition Adventure over the public announcement system.

Chef Reminder

Contact chefs and remind them to wear their chef hats and uniform; gloves, in handling food; and bring their props for classroom education. Offer any other last-minute assistance.

Media Plan

Touch base with local media contacts and school officials to let them know who may cover your activity.

At 1 Week–3 Days...

Final Details

- Plan for registration/information tables at the front entrance of the school, for guests to receive handouts and information, and name tags, and sign the guest list.
- Plan for additional custodial and security services.
- Arrange for student guides or assistants to lead chefs, guests and media to classrooms and cafeteria.
- Make a map available of school layout with locations of activities highlighted.

Media Plan

- Fax new press release with most current information highlighted.
- Contact reporters to remind them of the event two or three days in advance.

The Day Before...

Set Up

- If school food is satellited, be sure food is assembled with the help of chefs. Set up displays, posters, table tents, etc.
- Direct the arrangement of fresh fruit and vegetable display.
- Display the poster contest winners in view for best recognition.
- Set up registration/information tables at the entrance with promotional materials, handouts, name tags, etc.
- Be sure the school is identified at the road entrance for outside guests. Identify parking for guests and put up signs pointing the way outside and inside, if needed.
- Put up a banner or poster on the door advertising the Great Nutrition Adventure.
- Put signs on classroom doors where events are taking place.
- Be sure teachers have the schedule of chefs in their classroom. Be sure all handouts and materials are given to teachers to distribute to students the next day.
- Prepare Certificates of Appreciation for Chefs and Food Service Staff.

Media Plan

- Telephone media contacts to remind them of the event the day before. If the contact is unable to attend, be sure to get follow up materials and photos to them.

The Big Day!

They're Here!

- Introduce the chefs to all food service staff again and encourage team to work together. Place chefs side-by-side with school food service staff.
- Escort other chefs to respective classrooms.
- Greet guests at the school entrance; provide promotional materials and handouts.
- Present certificates to chefs and food service staff.

Media Plan

- Have all press attendees sign in; give them a map of the school and a schedule. Capture addresses, phone numbers and affiliation.
- Assign a guide to direct all media to activities.

Good Ideas

Make Your Great Nutrition Adventure Fun and Interesting!

Below are some ideas to get the brainstorming started…

Encourage Chefs and the Team to come up with creative ideas based on local characteristics and talents. Chefs may want to focus on one or more of the following areas:

Taste-test events
Ethnic recipes
Recipe modification
Sensory education/development
"From seed to plate"
Seasonality of foods
Farmer's markets
Nutrition education
The Food Guide Pyramid
The Dietary Guidelines

Recipe of the Month

The following recipe was provided to Team Nutrition's Great Nutrition Adventure by Chef Damian Martineau, CEC, AARP, Guest Services, Washington, DC.

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Ham & Cheese Buns

Serves 12

Frozen Bread Dough, thawed	16 oz
Honey	2 tbsp.
Dijon Mustard	1 tbsp.
Ground Cloves	1 pinch
Lean Ham, sliced	5 oz
Mozzarella cheese, sliced	5 oz
Vegetable spray	
All purpose flour	2 tbsp.

1. Dust thawed bread dough with flour.
2. Roll out to 18″× 10″ size.
3. In bowl, mix honey, mustard, and cloves.
4. Spread honey mustard sauce over entire surface of dough.
5. Cover honey glazed dough with ham slices and then cheese slices.
6. Roll dough lengthwise to form a log shape.
7. Cut into 12 even slices (approximately 1/2 inches thick)
8. Spray muffin tin with vegetable spray to coat.
9. Place rolled slices in a muffin tin with cut side facing up.
10. Allow dough to rise by placing muffin tin in a warm place for approximately 1 hour. (Longer depending on temperature)
11. Place in a preheated oven at 350°F and bake approximately 20 minutes until golden brown. Allow to cool slightly before removing.

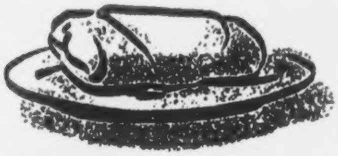
Nutrients Per Serving

Calories	254	Saturated Fat	3.7 g	Iron	1.9 mg
Protein	17 g	Cholesterol	30 mg	Calcium	241 mg
Carbohydrate	28 g	Vitamin A	55 RE/166IU	Sodium	712 mg
Total Fat	7.8 g	Vitamin C	6 mg	Dietary Fiber	1 g

Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals.*
Turn to page 104 for more information on this resource.

Breakfast Burrito with Salsa



	50 Servings		100 Servings	
Ingredients	**Weight**	**Measure**	**Weight**	**Measure**
Frozen whole eggs, thawed	6lb 4oz	3 qt	12 lb., 8 oz	1 gal 2 qt
or				
Fresh large eggs		50 each		100 each
Frozen corn	10 oz	2 cups	1 lb., 4oz	1 qt
Lowfat milk		3/4 cup		1½ cup
*Fresh green peppers, diced	12 oz	2½ cups	1 lb., 8 oz	1 qt 1/2 cup
or				
** Dried green peppers		1/4 cup		1/2 cup
*Onions, diced	14 oz	2¼ cups	1 lb. 12 oz	1 qt 1/2 cup
or				
** Dried minced onions	10 oz	1/4 cup	1 lb. 4 oz	1/2 cup
*Fresh tomatoes, diced	2 oz	1 cup	4 oz	2 cups
Prepared mustard		1/4 cup		1/2 cup
Granulated garlic		2 tsp.		1 Tbsp., 1 tsp.
Hot peppers sauce		1 Tbsp.		2 Tbsp.
Salt		2 tsp.		1 Tbsp., 1 tsp.
Flour tortillas, 7-inch		50 each		100 each
Canned salsa	3 lb., 2oz	1 qt., 2 cups	6 lb., 4 oz	3 qt

Directions

1. In a mixer, using a paddle attachment, blend the eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.

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Breakfast Burrito with Salsa

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2. Pour 1 gal 2 cups of the above egg mixture into each oiled 12″× 20″× 2½″ steam table pan. Cover with foil or metal lid.

   To Bake:
   Conventional Oven, 350°F, 60 minutes
   Convection Oven, 325°F, 50 minutes
   Compartment Steamer 30 minutes
   Bake until thoroughly cooked

3. Arrange 25 tortillas in each 12″× 20″× 2½″ steam table pan, so that they overlap.

   To Heat:
   Compartment Steamer—2 to 3 minutes, covered with plastic wrap
   Conventional Oven 300oF, 3 minutes—covered with a clean damp cloth
   Convection Oven 300oF, 3 minutes—covered with a clean damp cloth

4. Fill each tortilla with a No. 10 scoop of cooked egg mixture and fold or roll.
5. Serve each burrito with 2 Tbsp. (1oz) of salsa as a garnish.

Special Tip: For best result, cook egg filling in a steamer.

Serving: 1 burrito provides 2 ounces of meat, 1/4 cup of vegetable, and 1 serving of grains/breads

Yield: 50 servings: 9lb 12 oz (filling)
100 servings: 19lb 8 oz (filling)

Nutrients Per Serving

Calories	242	Saturated Fat	2.3 g	Iron	2.5 mg
Protein	12 g	Cholesterol	241 mg	Calcium	92 mg
Carbohydrate	28 g	Vitamin A	140 RE/657 IU	Sodium	442 mg
Total Fat	8.9 g	Vitamin C	8 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Green peppers	15 oz	1 lb., 14 oz
Onions	1 lb.	2 lb.
Tomatoes	11 oz	1 lb., 6 oz

Highlights & Resource Information

National Frozen Food Month

Promotes a national awareness of the economical and nutritional benefits of frozen foods. Contact: Cindi G. Rockwell, VP Communications, National Frozen Food Association, 4755 Linglestown Rd, Suite 300, Harrisburg, PA 17112. Tel: (717) 657-8601.

National Noodle Month

Celebration of the misunderstood egg noodle. Honoring the egg noodle. National Noodle Month educates noodle lovers everywhere about the real nutrition facts about egg noodles. Contact: National Pasta Association, Cecelia Leavitt, Edelman Public Relations, 1500 Broadway, New York, NY 10036. Tel: (703) 841-0818.

National Nutrition Month

The slogan for National Nutrition Month® 1998 is "Make Nutrition Come Alive. It's All About You," to reinforce the importance of nutrition to a healthy lifestyle and challenge Americans to take responsibility for their food and fitness habits. Contact: Venus Hurd, American Dietetic Association, 216 W. Jackson Blvd., Chicago, IL 60606-6995. Tel: (312) 899-0040, Ext. 4759. Fax: (312) 899-1739.

National Nutrition Month – FOODPLAY Productions

Help for schools celebrating National Nutrition Month! Send for "20 Top Ways to Celebrate National Nutrition Month" during the month of March. Contact: Barbara Storper, FOODPLAY Productions, 221 Pine St., Northhampton, MA 01060. Tel: (413) 585-8400. Fax: (413) 585-8484.

National Peanut Month

To celebrate America's favorite nut—the peanut! Peanut Advisory Board. Contact: Kim Cutchins, President, National Peanut Council, Inc., 1500 King St, Suite 301, Alexandria, VA 22314. Tel: (703) 838-9500.

National School Breakfast Week

Annually, the first full week in March (weekdays). Special attention will be given to highlight the benefits students get when eating a school breakfast. Contact: Suzanne Rigby, MS, RD, American School Food Service Association, 1600 Duke Street, 7th Floor, Alexandria, VA 22314-3436. Tel: (703) 739-3900. Fax: (703) 739-3915.

Women's History Month

A time for reexamining and celebrating the wide range of women's contributions and achievements. Contact: National Women's History Project, 7738 Bell Road, Windsor, CA 95492.

The following activity was taken from the "*Team Nutrition Days…and Beyond*" How-To Kit. Turn to page 104 for ordering information.

Starting A Team Nutrition Garden

Grab some seeds and a watering can and start a garden with your students so they can see how the foods they eat grow—from the ground up! Gardening presents a good opportunity to involve parents, other community members, Team Nutrition Supporters, and local organizations and merchants. Work with your school food service personnel to use the products from your garden in a special school dish, lunch, or food festival, or have your students take some home to share with their families. A great location for your project might be right in your classroom, an existing community garden, or your school's yard. Focus on local crops and design a *Team Nutrition* garden that meets your school's needs and resources. The size of the garden and crops you grow are up to you. You can start out small with classroom experiments or jump right into growing your own outdoor garden.

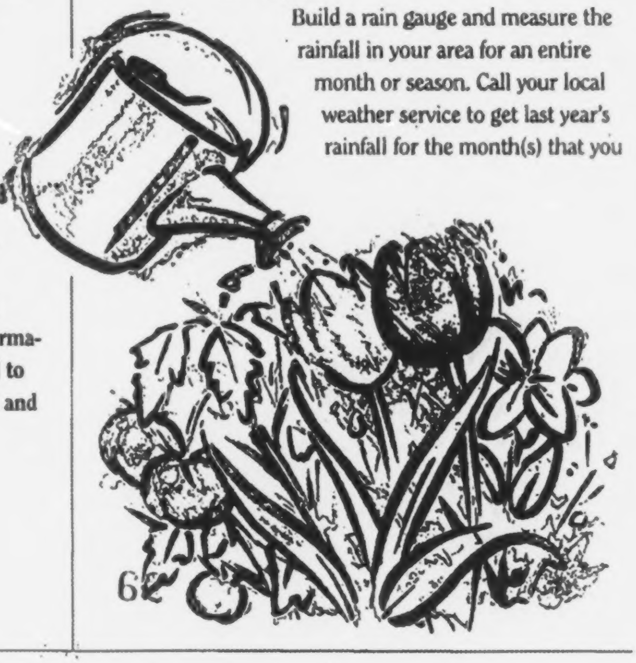
Gardening offers a good opportunity to practice reading and language skills (via seed packet planting instructions) and math skills (using seed packet information to determine when and how much to plant), and to understand the scientific process (regional variations and soil erosion).

Simple Gardening Experiments

Indoor gardening can provide interactive lessons in science, math, language arts, and social studies. In fact, your class may already be doing these fun classroom experiments. Here are some additional suggestions to help plant a seed in young minds:

Plant a bean (lima, kidney, great northern) in a cup and watch it sprout. You can also conduct an experiment to find out what grows when you plant potatoes, avocados, or alfalfa sprouts.

Build a rain gauge and measure the rainfall in your area for an entire month or season. Call your local weather service to get last year's rainfall for the month(s) that you



measured and compare the two. Discuss how rain might affect the growing season.

Grow carrots, onions, or bean seeds in a clear container so that your class can observe the amazing network of roots. Discuss why roots grow in all different directions.

Information in this section was adapted from the National Gardening Association's Growing Ideas: A Journal of Garden-Based Learning. For a sample copy of the Growing Ideas newsletter and brochure, call the National Gardening Association at 1-800-538-7476.

Outdoor Gardening

Determine where you will grow a garden, decide what to grow, and develop a planting calendar. If you have the resources to transplant your garden outdoors, consider average frost in your area, frost tolerance of desired crops, time required for growing, and project deadline. When deciding what to grow, consider a thematic garden, such as an Alphabet Garden, Nutritious Snack Food Garden, Culinary Herb Garden, Ethnic Garden, or create your own theme. Follow the same instructions provided above for growing seedlings indoors. Students can check seed packets or gardening books to find out about ideal planting time and conditions. Your local gardening resource can help with any questions you might have.

If you want to grow an outdoor garden but do not have space available on school grounds, you may wish to contact a community garden, business, or other organization in your area to see if space is available.

Before transplanting your seedlings to an outdoor garden for the remainder of the growing season, it will be necessary to "harden off" or expose them to harsher outdoor conditions. Your students may want to experiment with the health and growth of a hardened-off plant compared with one planted directly outside.

Pick an outdoor gardening spot. A 5′× 5′ plot of land is ideal for a Team Nutrition School garden.

Make sure a vegetable garden gets at least six hours of sunshine a day—otherwise the seeds produce plants and leaves and not much food.

Other considerations

Is the plot of land reasonably level and on higher ground? Is there access to water? Is the soil healthy? What is the soil lead content and pH level? What needs to be done to prepare and enhance the soil?

Design the site. Draw a picture of your garden and map out what plants will grow in which rows. Figure how far apart the rows should be by finding out how wide the plants will grow. This is a fun way to teach math to your students. During the seedling germination, students can draw or paint pictures of what your garden will look like at the various stages of development.

Get the tools. If your school does not own gardening tools, find a community organization or local business to donate or loan you the tools, or check "yard sales" to buy used tools.

Develop your garden. The seedlings can be planted as soon as the soil is dry enough to be dug into and loosened, and the danger of frost is past. Involve your students in this process of preparing the soil. Consult with your gardening partner(s) to determine how to develop your garden.

Ready to (trans) plant. Check with your gardening resource partner about how to transplant seedlings and the care involved in tending a garden.

Identify your crops. Place markers in the soil to identify each crop as it is planted. Students can create markers in art class, while seedlings are germinating indoors.

Working the garden. Plan class time for students to tend the garden.

Involve your students in garden maintenance and harvesting. Watch their knowledge and enthusiasm grow as the garden grows!

For indoor gardening, see November's "How Food Grows" or your "Team Nutrition Days...and Beyond" How To Guide. *If you would like to receive a copy, turn to page 104 to order.*

Promotion

It is important to promote your event throughout the community. This can help you attract volunteers and gain media coverage of your school garden.

Team Nutrition Supporters

Many Team Nutrition Supporters have expressed specific interest in assisting Team Nutrition Schools with their gardening projects by providing volunteers, educational materials (fees may apply), and supplies. See the "*Team Nutrition Days...and Beyond*" How To Kit for a complete listing.

Reference

Ocone, L., Pranis, E. The National Gardening Association Guide to Kids Gardening: A Complete Guide for Teachers, Parents and Youth Leaders. New York: John Wiley & Sons, Inc. 1983

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Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

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Fruit Yogurt Shake

About 10 Minutes, Serves 2

1 cup fruit (peaches, strawberries, bananas), cut up
4 scoops (1 1/3 cups) nonfat frozen yogurt
2 cups skim milk, ice cold
2 Tbsp sugar

1. Have kids cup up fruit—carefully. Have them put all ingredients into blender, close top, then puree.
2. Kids pour into chilled glasses. Serve with straws. Cool!

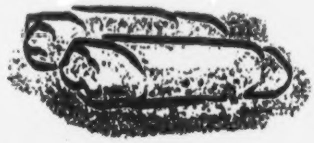
Nutrients per serving (1 cup)

Calories	291	Saturated Fat	0.3 g	Iron	3 mg
Protein	12 g	Cholesterol	16 mg	Calcium	427 mg
Carbohydrate	53 g	Vitamin A	208 RE	Sodium	201 mg
Total Fat	0.6 g	Vitamin C	7 mg	Dietary Fiber	1 g

Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals.*
Turn to page 104 for more information on this resource.

Chicken Fajitas



	50 Servings		100 Servings	
Ingredients	**Weight**	**Measure**	**Weight**	**Measure**
Marinade:				
Vegetable stock, non-MSG		2 cups		1 qt
Cornstarch		1/4 cup		1/2 cup
Vegetable oil		2 cups		1 qt
White vinegar		2 cups		1 qt
Sugar	12 oz	1½ cups	1 lb., 8 oz	3 cups
White pepper		1 Tbsp., 1 tsp.		2 Tbsp., 2 tsp.
Garlic powder		1 Tbsp., 1 tsp.		2 Tbsp., 2 tsp.
Chili powder		2 Tbsp.		1/4 cup
Ground cumin		1¼ tsp.		2½ tsp.
Dried oregano leaves		2 tsp.		1 Tbsp., 1 tsp.
Raw, boned, skinless chicken breast, 1/2" slices	9 lb.		18 lb.	
Canned corn, drained	2 lb., 4 oz	1/2 No. 10 can	4 lb., 8 oz	1 No. 10 can
or				
Frozen corn	2 lb., 4 oz		4 lb., 8 oz	
*Onions, diced	12 oz	2¼ cups	1 lb., 8 oz	1 qt 1/2 cup
*Fresh green peppers, diced	8 oz	1⅔ cups	1 lb.	3⅓ cups
Canned tomatoes, drained, chopped	1 lb.	1/4 No. 10 can	2 lb.	1/2 No. 10 can
Canned salsa	1 lb.		2 lb.	
Flour tortillas, 7-inch		50 each		100 each

Directions

1. Dissolve the cornstarch in the vegetable stock.
2. Heat over medium heat until thickened. Cool.
3. Add the oil to the cooled, thicken stock mixture.
4. Combine the white vinegar, sugar, white pepper, garlic powder, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.

Chicken Fajitas

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6. Drain the chicken, reserving the marinade.
7. Preheat grill to 350°F. For each batch of fajitas, pour 2 cups of the marinade on the heated grill. Add 9 lb of the sliced chicken and saute about 10 minutes, until no signs of pink remain. Remove to steam table pan.
8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
9. For each serving, place 1/2 cup (3½ oz) of filling on each tortilla. If desired, fold or roll tortilla over filling. Serve warm.

Special Tips:

1. If a grill is not available, a steam-jacketed kettle may be used to saute the chicken.
2. Lowfat sour cream (1 Tbsp. per serving) and salsa (2 Tbsp. per serving) make excellent garnishes.
3. This makes an attractive lunch plate when served with Refried Beans.

Serving: 1 fajita provides 2 ounces of cooked poultry, 1/8 cup of vegetable,
and 1 serving of grains/breads

Yield: 50 servings: 12 lb., 4 oz (filling)
100 servings: 24 lb., 8 oz (filling)

Nutrients Per Serving

Calories	306	Saturated Fat	1.5 g	Iron	2.3 mg
Protein	23 g	Cholesterol	47 mg	Calcium	68 mg
Carbohydrate	33 g	Vitamin A	29 RE/261 IU	Sodium	379 mg
Total Fat	8.9 g	Vitamin C	8 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50 Serving Recipe	For 100 Serving Recipe
Onions	14 oz	1 lb., 12 oz
Green peppers	10 oz	1 lb., 4 oz

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Highlights & Resource Information

American Association for Health Education/American Alliance for Health, Physical Education, Recreation & Dance (AAHE/AAHPERD) Convention & Expo

Annual convention for the American Association for Health Education. The largest convention for health educators in the world. Program sessions offer continuing education for Certified Health Education Specialists. Opportunities for networking and socializing. Contact: Anna Robinson, 1900 Association Drive, Reston, VA 20191-1599. Tel: (703) 476-3400. Fax: (703) 476-9527.

Cancer Control Month

This annual recognition was established by Presidential Proclamation in support of the Nation's fight against cancer. Your American Cancer Society can provide you with educational support related to cancer prevention during this month and throughout the year. Call your local Unit or Division for Cancer Control Month activities in your area or 1-800-ALS-2345 or check out our website at www.cancer.org.

Earth Day

First observed on April 22, 1970 with the message, "Give Earth a Chance" and attention to reclaiming the purity of the air, water and living environment. "Earth" days have been observed by many groups on various dates. Some on the world equinox.

Grange Week

National and state granges recognized for contribution to rural/urban America. Celebrated at National headquarters in Washington, DC, and in all states with local, county and state Granges. Begun in 1867, the National Grange is the oldest US rural community service, family-oriented organization with a special interest in agriculture. Contact: Kermit W. Richardson, National Master, The National Grange, 1616 H St. NW, Washington, DC 20006. Tel: (202) 628-3507.

National Garden Week

To recognize and honor the 78 million Americans that garden each year. Annually the second full week of April. Contact: National Garden Bureau, 1311 Butterfield Road, Suite, 310, Downers Grove, IL 60515. Tel: (630) 963-0770.

National Food Service Management Institute Satellite Seminar Part II

The second of a two part series. Part II April 15, 1998. Target audience: Food service administrators, managers, and assistants. Topic: These one hour satellite seminars will include material that will help all food service assistants (cooks, bakers, serving line staff, cashiers, dishwashers, etc.) perform their jobs with greater safety and efficiency. These seminars will also contain material that will be valuable to food service directors and managers for orientation of new assistants and for retraining. Part II covers basic job skills and food production techniques. Contact: The National Food Service Management Institute, University of Mississippi, PO Drawer 188, University, MS 38677-0188. Tel: 1-800-321-3054.

The following activity was taken from the Team Nutrition Community Nutrition Action Kit. See page 104 for information on the availability of this resource.

Food And Field Olympics

Take part in a series of physical activity challenges as well as nutrition "brain games" designed to build self-confidence in making food choices for a healthy diet. The Olympic games challenge participants' fitness and knowledge about the Food Guide Pyramid, the Nutrition Facts Label, and the Dietary Guidelines for Americans.

Balancing the food we eat with physical activity helps us maintain or improve weight as well as keep bodies strong and healthy. Nearly all Americans need to be more active, because an inactive lifestyle is unhealthy.

What To Do: Advance Planning

Task 1.

Establish a small committee to coordinate the activity; name a member of the committee as coordinator.

Task 2.

The committee develops a plan for carrying out the activity.

Task 3.

Committee members decide which field day events will be used (see description that follows); committee members choose an event or two of which to be in charge.

Task 4.

Establish time and date for field day activity; secure a location for the activity (decide whether to be inside or out) and obtain any necessary approval, etc., in writing. Be sure to include time for setup and cleanup.

Task 5.

Contact local building material companies and supermarkets to seek donations of materials needed to construct some of the field day events.

Task 6.

Prepare flyers, etc., for promoting the field day activity to the community.

Task 7.

Recruit adult and teen volunteers to help set up the Olympic course, supervise each event, help with sign-in, help with food at the finale, and sponsor any awards.

What To Do: 2 Weeks before the Activity

Task 8.

Begin collecting materials needed to construct the Olympic events.

Task 9.

Divide teens and adults into groups to work on putting together materials, building, or designing the Olympic event course.

What To Do: 1 Week before the Activity

Task 10.

Develop and print copies of the Olympic course check sheet for participants. This will be used to help participants keep track of what events they have completed.

Task 11.

Convene meeting where adult and teen volunteers are instructed on their duties during the field day activity.

Task 12.

Check progress of Olympic events to assure their readiness for the day before the field day activity.

What To Do: Day before the Activity

Task 13.

Set up event course and signs for each event. (Or set up in early hours of the field day itself.)

Task 14.

Set up registration table for participants to sign in and receive their Olympic course check sheet.

Task 15.

Mark parking area with signs.

Task 16.

Set up table for the "Any Day is Sundae." Bring throw-away bowls, plastic spoons, and napkins in amounts sufficient to handle the number of participants and some "extras."

What To Do: Day of the Activity

Task 17.

Bring cold water and drinking cups in amounts sufficient to handle the number of participants.

Task 18.

Master of ceremonies (activity coordinator) announces the "Opening of the Olympic Games."

Task 19.

Adult and teen volunteers staff each of the events and the snack table where participants create their own sundaes.

Task 20.

Cleanup by group volunteers who built each event.

Participants check off on their Olympic course check sheet when they have finished a field event and then move on to another. These are suggested field events, and the "Olympics" may include all of them, some of them, or events made up by the committee.

Healthy Hopscotch

Players play hopscotch and name foods from the Food Guide Pyramid food groups.

Materials needed:

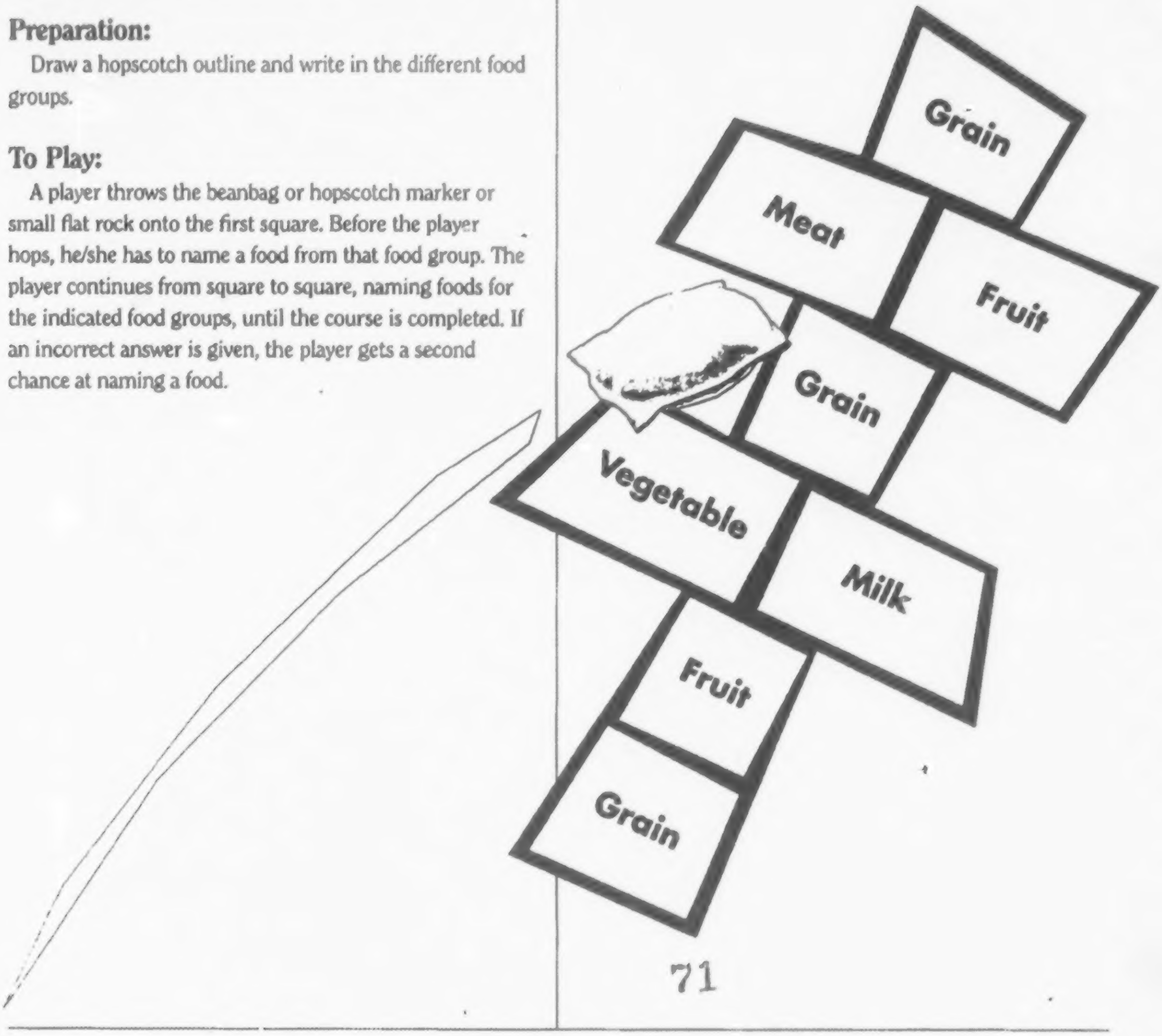
- Chalk
- Beanbags, hopscotch markers, or small flat rocks

Preparation:

Draw a hopscotch outline and write in the different food groups.

To Play:

A player throws the beanbag or hopscotch marker or small flat rock onto the first square. Before the player hops, he/she has to name a food from that food group. The player continues from square to square, naming foods for the indicated food groups, until the course is completed. If an incorrect answer is given, the player gets a second chance at naming a food.



Nutrition Wheel

Players choose a lunch which includes foods from at least three of the five major food groups of the Food Guide Pyramid.

Material Needed:

- Cardboard, oaktag board, or sturdy poster board to make the "wheel"
- Sturdy poster board to make game "spinner"
- One paper fastener, prong, 1/2"
- Velcro tape, 1' diameter
- Pictures of foods
- Pictures needed: milk, cheese, yogurt, hamburger and bun, grilled chicken, ham slices, whole-wheat bread slices, tomato, carrots, baked potato, tossed salad, green beans, orange, banana, 1% fruit juice, pear, oatmeal raisin cookie
- Table
- Food Guide Pyramid poster

Preparation:

Make large circle for the "wheel" and make arrow spinner. Attach the spinner to the wheel using the paper fastener. Put small pieces of Velcro on the wheel, on the food pictures, and on the Food Guide Pyramid poster. Stick the pictures to the wheel randomly. Set up table to hold game board. Set up Food Guide Pyramid poster (attach to wall or set on a stand).

To Play:

Player spins the arrow to point to a food to build a meal for lunch. The player must get 3 foods, each one from different Food Guide Pyramid food group. As each food is selected, the food is taken off the wheel and placed on the proper food group on the Food Guide Pyramid poster. (This will help the youth keep track of what foods are needed for the meal.) If two players play, they take turns spinning and building their lunches.

Nutrition Facts Label Olympiad

Players read the Nutrition Fact Label total fat content on food packages. They then line up the packages in order from lowest amount of fat to highest amount.

Materials Needed:

- Empty food packages showing Nutrition Facts Label. You may use similar products such as all cookie packages, or all cracker packages, or all different food products. Just make sure that there is a range in fat content.
- Table at least 6 feet long.

Preparation:

Set up food packages in random order on a table.

To Play:

Player has two minutes to look at the total fat content on the food packages and line them up in order from least to most fat per serving.

The Great Grain Obstacle Course

Players run an obstacle course having a grain theme—wheat, corn, oats, rye, and rice are featured.

Materials Needed:

- Poster board
- Markers
- See each obstacle listed below. You may choose to do all or just a few.

Preparation:

Make posters to identify each obstacle course station. See descriptions of each obstacle listed below. Decide which ones you want to do.

To Play:

Players line up in single file at the starting line. At the whistle, the first player in line starts down the obstacle course, as the first player completes the first station, the second player begins the course, then the third player, etc., until all players have completed the 6 stations.

Station 1: Bucket O' Oats

Materials Needed:

- Child size sand pail or bucket
- Oats or oatmeal
- 2 pieces of cardboard labeled A and B

Preparation:

Place the piece of cardboard labeled A and the piece labeled B 20 feet apart, fill pail with oats.

To Play:

Players runs from point A to point B and back, carrying a bucket full of oats.

Station 2: Popcorn Pop and Hop

Materials Needed:

- 10 or more tires
- Popcorn Pop and Hop

Preparation:

Place tires in a zigzag pattern.

To Play:

Player runs and hops (one leg at a time in each tire) along a zigzag tire course.

Station 3: Rigatoni tunnel

Materials Needed:

- Tunnel—seek donation of a plastic or cloth collapsible tunnel from a toy store or use cardboard boxes to make a tunnel.

Preparation:

Set up tunnel.

To Play:

Player crawls through the tunnel as fast as possible.

Station 4: Rice Tumble

Materials Needed:

- 6 or 12 boxes of rice
- 3 or 6 balls or bean bags

Preparation:

Set up boxes into triangle shape: 3 on bottom, 2 on mid level, and 1 on top.

To Play:

Players use a ball or bean bag to knock down the rice boxes.

Station 5: Measure to Measure

Materials Needed:

- Several boxes of ready-to-eat cereal
- Disposable bowls
- 1-cup measuring cups
- Table

Preparation:

Set out cereal, bowls and measuring cups on table.

To Play:

Player pours the amount of ready-to-eat cereal they usually eat into a bowl. Player guesses how much it is, and then pours the cereal from the bowl into a measuring cup to get the "real" measure.

Station 6: Spaghetti Limbo and Go

Materials Needed:

- Broom handle
- 2 chairs

Preparation:

Set up broom handle supported by the chairs

To Play:

Player must pass underneath the broom handle and the obstacle course is completed!!!

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Any Day Is Sundae — A Finale To The Field Day Course

As a grand finale to the Olympic games, participants have the opportunity to create their own snack sundaes

Material Needed:

- Disposable bowls
- Plastic Spoons
- Napkins
- Ice cream scoops
- Frozen vanilla yogurt, large containers
- Granola cereal
- Fruits (fresh, frozen, or canned)
- Container of water
- Disposable cups

Preparation:

Set up a long table as work-area for creating sundaes. Set up tables and chairs or benches for eating area. As participants are ready, yogurt is scooped into bowls by the adult or teen staffing the event.

Activity:

Participants make sundaes.

What You Need To Know About Nutrition And Physical Activity

Most children do not consume a diet that meets the Dietary Guidelines.

- **35% of elementary school-age children eat no fruit, and 20% eat no vegetables on a given day.**
- **Less than one in five children eat the recommended amount of servings of fruit and vegetables daily.**
- **Children are consuming diets that are high in fat and saturated fat, high in sodium, and low in fruits and vegetables.**
- **27% of children 6-11 are considered obese.**
- **12% of school-age children report skipping breakfast.**

Q. Why is nutrition education important?

A. Research has shown that classroom nutrition education can improve elementary school children's eating behaviors. This is particularly important if you consider the following facts:

- Most kids don't eat well.
- What you eat affects your health, cognitive ability, and physical performance. Students who eat well perform better in school.
- Some chronic diseases have roots in childhood.
- Good eating habits are easier to develop than trying to change poor ones.

Q. What is a healthy diet?

A. The Dietary Guidelines for Americans, published by the U.S. Departments of Agriculture and Health and Human Services, are designed to help healthy Americans aged 2 and over stay healthy. These Guidelines encourage you to:

Eat a variety of foods:

We need more than 40 different nutrients to maintain good health. These include the essential nutrients like vitamins, minerals, amino acids from proteins, essential fatty acids from fat, and protein, carbohydrates, and fat.

Balance the food you eat with physical activity; maintain or improve your weight:

The possibility of developing health problems increases when we weigh substantially above or below our recommended weight. Approximately one-third of American children and adults are overweight. Excess body weight is linked to high blood pressure, cardiovascular disease, adult-onset diabetes, and certain cancers.

Choose a diet with plenty of grain products, vegetables, and fruits:

Vegetables, fruits, and grain products are important sources of complex carbohydrates, dietary fiber, and other food components linked to the prevention of chronic diseases. Many of the foods are also high in nutrients and lower in calories.

Choose a diet low in fat, saturated fat, and cholesterol:

Higher levels of fat, saturated fat, and cholesterol in the diet are linked to increased risk for cardiovascular disease. Since fat provides more than twice the calories of an equal amount of carbohydrates or protein, a diet low in fat makes it easier to include the variety of foods you need for nutrients without exceeding your food energy needs.

Choose a diet moderate in sugars:

The only health problem that has been directly linked with the excessive consumption of sugar is the increased risk of tooth decay. However, the problem with sugars is that many foods that contain them in large amounts supply calories yet few nutrients. Diets low in simple sugars (like white sugar) and high in complex carbohydrates are usually lower in fat and calories and higher in fiber than are diets that contain a large percent of refined sugars or sweets.

Choose a diet moderate in salt and sodium:

Most Americans eat more salt and sodium than the small amounts their bodies need. In addition to table salt,

What You Need To Know About Nutrition And Physical Activity

many fast foods and processed foods are sources of large amounts of sodium. About one in four Americans have hypertension (high blood pressure), which can be intensified with obesity and too much sodium in the diet. Since hypertension can be hereditary, it is wise to make moderate consumption of salt and sodium a habit.

If you drink alcoholic beverages, do so in moderation:
Alcohol contains almost as many calories as fat and provides few nutrients. Excess consumption of alcoholic beverages is related to liver disease, malnutrition, and some forms of cancer. Their consumption during a pregnancy can damage the fetus. Of course, it is illegal for children to consume any alcohol.

Use the Food Guide Pyramid as a tool to help you reach the goals outlined by the Dietary Guidelines.

Q. Why is physical activity important?

A. Although food is an important component of healthy living, smart eating should be accompanied by regular exercise. Your body needs activity as much as it needs food, and long-term health usually depends on both healthy eating and regular physical activity. Regular activity can strengthen the heart., lungs, and muscles and increase flexibility. Exercise also burns excess calories and can help to improve your shape by reducing body fat. In addition, exercise can help you to relieve stress and generally feel better about yourself. Active children tend to become active adults, and thus it is important for children to get into the habit of exercising regularly.

Q. How does the Food Guide Pyramid help you choose a healthy diet?

A. It's a general guide of what to eat each day based on the Dietary Guidelines. The Pyramid recommends eating a variety of foods to get the necessary nutrients and maintain a healthy weight. Starting from the base and working toward the top, here's how the Food Guide Pyramid is "built," including the recommended number of servings per day for each group and foods that represent one serving—the amount that counts as one portion of food.

The Food Guide Pyramid

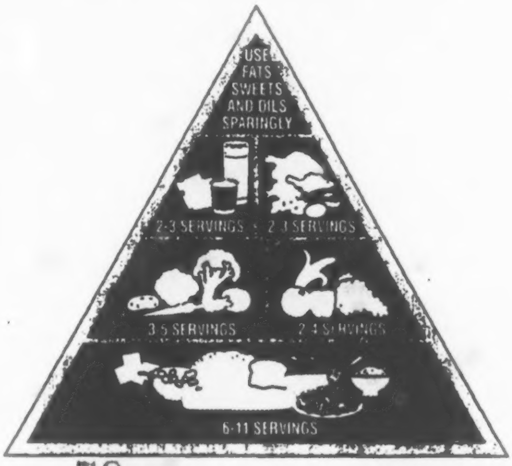
Bread, Cereal, Rice, and Pasta Group (6-11 Servings)
- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta

Vegetable Group (3-5 servings)
- 1 cup raw leafy vegetables
- 1/2 cup of other vegetables, cooked or raw
- 3/4 cup vegetable juice

Fruit Group (2-4 servings)
- 1 medium apple, banana, orange
- 1/2 cup chopped, cooked, or canned fruit
- 3/4 cup fruit juice

Milk, Yogurt, and Cheese Group(2-3 servings)
- 1 cup milk or yogurt
- 1½ ounces of natural cheese
- 2 ounces of processed cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (2-3 servings)
- 2-3 ounces cooked lean meat, poultry, or fish
- 1/2 cup cooked dry beans, 1 egg, or 2 tablespoons peanut butter count as 1 once of lean meat.



Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

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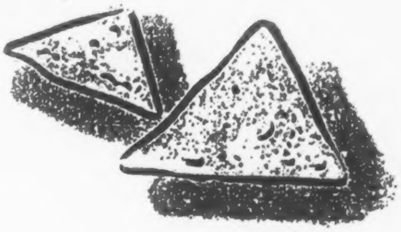
Cinco de Mayo Nachos

20 Minutes, Serves 4

"Cinco de Mayo" means the 5th of May. It is the anniversary date for the independence of Mexico, and it is celebrated throughout that country, by Mexican-Americans here, and by anyone who loves Mexican culture. If you make this treat with children, have one child look up the history of "Cinco de Mayo" to share with everyone. These days, you can buy excellent salsas in the supermarket. Look for those that are low in sodium. If you want to make fresh salsa, see the recipe in July (pg 85).

1 cup onions, finely diced
2 cloves fresh garlic, minced
1 Tbsp fresh or canned jalapeno peppers, chopped
1 whole green bell pepper, diced
1 lb can cooked red kidney beans, black beans, or pinto beans, drained and rinsed
1 10 ounce bag baked (lowfat) corn (tortilla) chips
1 fresh tomato, diced
3 ounces shredded lowfat mozzarella
Toppings: more onions, nonfat sour cream, salsa, chopped olives (all optional)



Preheat over to 350°F.

If kids are old enough to hold a knife, they can dice the onions (don't cry!) and garlic, and chop the jalapenos.

1. An adult heats a non-stick pan (or use 1 tsp oil in regular pan) to saute onions on medium high until clear. Add garlic and saute for one minute. Add beans, pepper, and jalapenos to pan, cook and stir for about 10 minutes.
2. The adult takes the pan off the stove, transfers the contents to a bowl. The kids mash bean mixture until smooth, only adding water if necessary to make puree smooth.
3. The kids place chips on a baking sheet. With adult supervision, kits can spread beans, onions and pepper mixture evenly on top of tortilla chips. Kids can then sprinkle cheese and diced tomatoes. Bake until cheese melts, about 10 minutes.
4. Kids can help put vegetables, more chopped onions, and toppings around serving dish. Each guest, child or adult, tops his or her own nacho.

Nutrients per serving

Calories	412	Saturated Fat	2 g	Iron	1.3 mg
Protein	18 g	Cholesterol	7 mg	Calcium	286 mg
Carbohydrate	78 g	Vitamin A	56 RE	Sodium	721 mg
Total Fat	5 g	Vitamin C	26 mg	Dietary Fiber	11 g

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Recipe of the Month

This recipe was developed for The School Lunch Challenge, The 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use. Turn to page 104 for more information on this resource.

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!NOT! Fried Rice

	50 Servings		100 Servings	
Ingredients	**Weight**	**Measure**	**Weight**	**Measure**
White rice	3 lb.	1 qt, 2½ cups	6 lb.	3 qts., 1 cup
Chicken stock		3 qt, 2 cups		1 gal, 3 qts.
Lean ham, diced	3 lb., 2 oz	3 qt	6 lb., 4 oz	1 gal, 2 qt
Onions, diced	12 oz	2 cups	1 lb., 8 oz	1 qt
Fresh celery, bias cut	4 oz	1 cup	8 oz	2 cups
Fresh carrots, diced	1 lb.	3½ cups	2 lb.	1 qt 3 cups
Fresh red pepper, diced	10 oz	2 cups	1 lb., 4 oz	1 qt
Fresh green pepper, diced	10 oz	2 cups	1 lb., 4 oz	1 qt
Garlic powder		1 Tbsp., 1 tsp.		2 Tbsp., 2 tsp.
Ground ginger		1/2 tsp.		1 tsp.
Low sodium soy sauce		1/2 cup		1 cup
Red pepper flakes		2 tsp.		1 Tbsp., 1 tsp.
Frozen green peas, thawed	1 lb., 3 oz	1 qt	2 lb., 6 oz	2 qt
Margarine or butter		1 Tbsp.		2 Tbsp.
Whole large eggs, whipped	8 oz	4 ea	1 lb	8 ea
Sesame seeds		1/4 cup		1/2 cup
Green onions, chopped		1/2 cup		1 cup

Directions

1. Cook rice in chicken stock in a covered stock pot or steam kettle until tender-firm, about 10 minutes.
2. Heat ham, onions, celery, carrots, red and green peppers, rice, garlic powder, ginger, soy sauce, and red pepper flakes for 20 minutes in a large sauce pan or steam kettle on low heat. Add peas and mix. Portion 1 gal 1 cup (7lb 8 oz) per 12″ × 20″ × 2½″ steamtable pan.
3. Melt margarine in a sauce pan or tilting skillet. Add whipped eggs and scramble until firm. Set aside.

!NOT! Fried Rice

4. Toast sesame seeds in a pan over medium heat until lightly browned.
5. Chop scrambled eggs and sprinkle 1¼ cups (8 oz) over each pan of rice mixture. Sprinkle 2 Tbsp of sesame seeds and 1/4 cup of chopped green onions on each pan of rice to garnish.

Nutrients Per Serving

Calories	188 kcal	Protein	10 g	Carbohydrate	27 g
Total Fat	4.0 g	Saturated Fat	1.2 g	Cholesterol	31 mg
Vitamin A	2446 IU	Vitamin C	22 mg	Iron	2.1 mg
Calcium	4 mg	Sodium	1287 mg	Dietary Fiber	1 g

Highlights & Resource Information

American Cancer Society's Relay For Life

Relay for Life is the American Cancer Society's nationwide signature event that offers an opportunity for everyone to participate in a local community activity that fights cancer.

Relay is a community celebration—an exciting, energizing activity for families, friends, neighbors and co-workers. It is an overnight team event, typically held at a high school or community field, where teams of 8-12 members raise funds prior to the event, and commit to having a member of their team on the track during the entire event. Brainstorm creative opportunities to involve schools in showcasing students' health related artwork, or involve kids in activities to promote healthy eating and physical activity during the event.

For more information and exact dates of the Relay for Life event in your community, contact your area American Cancer Society Unit or Division, or call 1-800-ACS-2345. Check out the Relay for Life website at: http:\\www.cancer.org for Relay nutrition tips.

Centennial Countdown Conference: Focus on Young Consumers

This conference will bring together representatives from government, business, non-profits, academia and labor to examine challenges facing young consumers, such as using credit wisely, analyzing marketing claim and taking advantage of consumer information, including labeling on the Internet. Contact: Sara Cooper, National Consumers League, 1701 K St., NW Suite 1200, Washington, DC 20006. Tel: (202) 835-3323 Fax: (202) 835-0747.

Cinco de Mayo

The 5th of May (Cinco de Mayo) is the anniversary date of Mexico's independence from Spain.

National Barbecue Month

To encourage people to start enjoying barbecuing early in the season when daylight-saving time lengthens the day. Contact: Barbecue Industry Association, Donna Myers, DHM Group Inc. PO Box 767, Holmdel, NJ 07733.

National Egg Month

Dedicated to the versatility, convenience and good nutrition of the incredible edible egg. Interested in helping with Team Nutrition School activities that promote eggs as a healthy food on breakfast or lunch menus, or as a snack. Contact: Arkansas Egg Council, Janari Jackson, PO Box 8505, Little Rock, AR 72215. Tel: (501) 324-9198. Fax: (501) 225-9727.

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National Herb Week

A time to focus on the use and history of herbs—past and present. Annually the Monday-Sunday in May ending on Mother's Day. Contact: International Herb Association (IHA), 1202 Allanson Rd., Mundelein, IL 60060. Tel: (847) 949-4372.

National Physical Fitness and Sports Month

National Physical Fitness and Sports Month was established in 1983. The observance is a nationwide campaign to promote physical fitness and sports. The President's Council on Physical Fitness & Sports uses the month to encourage various organizations and constituencies who highlight their messages during May to work together. Contact: Christine G. Spain, MA, Director of Program Planning and Special Projects, President's Council on Physical Fitness & Sports, DHHS, HHH Bldg., Room 738-H, 200 Independence Ave., SW, Washington, DC 20201. Tel: (202) 690-5148. Fax: (202) 690-5211.

National Physical Education and Sport Week

Each year the National Association for Sport and Physical Education produces a new kit to help promote National Physical Education & Sport Week. For more information, call 1-800-321-0789. Contact: Paula Keyes-Kun, National Association for Sport & Physical Education, 1900 Association Drive, Reston, VA 20191-1599. Tel: (703) 476-3410. Fax: (703) 476-8316.

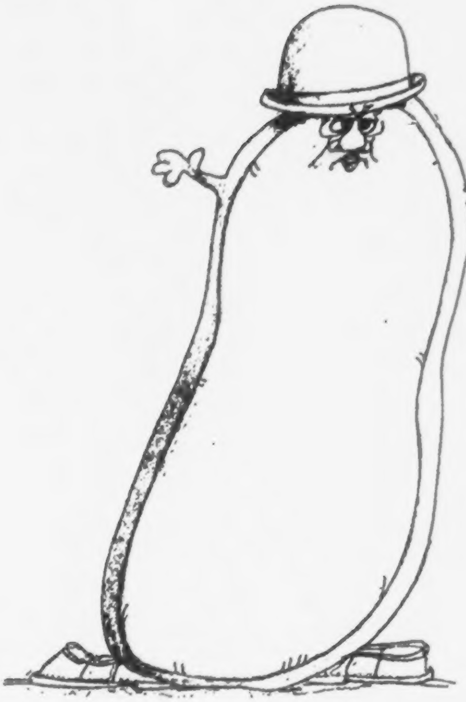
National Salad Month

Americans celebrate salads and their role in today's healthy lifestyle. Contact: The Association for Dressings and Sauces, 5775 Peachtree-Dunwoody Rd., Suite 500-G, Atlanta, GA 30342. Tel: (404) 252-3663.

Vegetarian Resource Group, May 1 — Deadline for Annual Essay Contest

See National Vegetarian Month, October.

Food Safety



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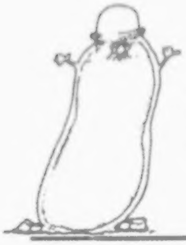
The following information was provided by the U.S. Department of Agriculture Food Safety and Inspection Service.



Food Safety on the Road

By Marianne H. Gravely

Here we go! Mom, Dad, the kids and everything but the kitchen sink and cat! We're taking a family vacation. Picnicking on the side of the road. Like many families, we'll be taking food with us for picnics and to keep little stomachs (and mouths) full in the car.

But improperly stored food could result in an unwanted vacation souvenir—foodborne illness.

Packing and storing food with food safety in mind can prevent this vacation disaster, and isn't that difficult. Just remember the Five Rules of Traveling with Food.

1. Plan Ahead. A well-stocked cooler is a must. Have plenty of ice or frozen gel-packs on hand before you start packing

What to take? Some foods don't require refrigeration—peanut butter and jelly and some cheeses, for example. Perishable foods, like meat, poultry, eggs and fish do, so if you're taking summer salads, making sandwiches on the road or bringing food to cook over the course of your vacation, plan to keep them on ice in your cooler throughout the trip.

2. Pack Safely. Pack perishables directly from the refrigerator to the cooler. You can pack meat and poultry while it is still frozen. It will thaw during the trip, extending its safety and shelf-life.

A full cooler will maintain its cold temperature longer than one that is only partially filled. Pack the remaining space with more ice or with fruit and non-perishable foods.

Securely over wrap or bag foods that may drip or leak, particularly raw meat, poultry or fish.

For longer trips take two coolers—one for the day's lunch and snacks, the other for perishables to be used later. Keep big and little hands out of the perishables cooler.

Put the cooler in the passenger section of the car instead of in the hot trunk.

3. Preserve the cold temperature of the cooler by replenishing the ice as soon as it starts melting.

4. Pitch any foods that warm above refrigerator temperature (40°F). Food poisoning bacteria grow rapidly at warm temperatures. At the end of the day, if the ice has melted and the food feels warm, discard any meat or poultry left. Non-perishables, like fruits, vegetables, breads and drinks do not require refrigeration and should be okay.

5. Protect your family from disease causing bacteria by keeping hands and utensils clean. If soap and water will not be available, pack some moist towelettes. Bag and set aside dishes and utensils to wash with hot soapy water when you reach your destination.

Packing food for the trip is a money-and time-saver for today's road warriors. Re-sealable bottles of juice or sodas are more economical than individual cans or bottles. Bring a plastic cup for each member of the family. Store ice for drinks in a leak-proof, re-sealable container in the cooler. After lunch, repack the cooler with non perishables to fill it up.

Family-sized bags of chips and snacks save money over lunch-size bags and also cut down on your trash. Offering a small snack every hour or tow will prevent boredom during long car trips. Offer a snack before your children announce that they're hungry!

Some snacks are better than others in the car—fresh and dried fruit, cheese and soft cookies are fairly easy for little hands to manage without making a mess.

For more information on summer trekking or other food handling questions, call USDA's Meat and Poultry Hotline, 1-800-535-4555, 10 a.m. to 4 p.m. weekdays Eastern Time. Washington, D.C. area residents call 202-720-3333.

PARENT REPRODUCIBLE

The following information was provided by the U.S. Department of Agriculture Food Safety and Inspection Service.

Food Safety at the Beach

by Barbara O'Brien, R.D.

☑ SUNSCREEN
☑ SURFBOARD
☑ ALLERGY PILLS
☑ VET'S PHONE #

Food safety is another critical factor you don't want to forget at the beach. It's as important as water and boating safety.

Here are some tips to help ensure that the worst problem you or your family comes home with is sand in everything!

1. Plan Ahead. Keep your menu simple and take only the amount of food you will use. Plan some take-along foods that do not require refrigeration like peanut butter, hard cheeses, fruits and dried meats. Pack perishables in a cooler.

If grilling is your thing, check ahead to make sure your beach area allows outdoor cooking. Consider buying your perishable food at a store near the beach and putting it in an ice-filled cooler.

Ready-made sandwiches or cooked foods are fine too. Just put them in the cooler until you're ready to eat.

2. Pack Safe. At home, pack right from the refrigerator. Freeze sandwiches ahead and add tomatoes, lettuce and mayonnaise later. Use an insulated cooler with ice or frozen gel-packs to keep the temperature inside under 40°F. Note: Large blocks of ice melt more slowly than cubes.

Put all perishables in one cooler; keep beverages and plain water in a separate cooler. This keeps the perishable foods safer as the drinks cooler is opened more.

3. At the Beach. When you've found the perfect spot—preferably away from trash containers, real magnets for flies and bees—put the coolers under a beach umbrella and cover them with blankets. Or you can partially bury the coolers in the sand, again shading them with a blanket and umbrella.

Make sure everyone washes their hands before handling food or eating. Moist towelettes or wash cloths in re-sealable bags are good when running water is not available.

Put perishable foods back in the cooler right after eating; do not let them sit out, even under the umbrella, while you go for a swim. Perishable foods left out of refrigeration for over 2 hours—1 hour when it above 90°F—are not safe and should be discarded.

If insects are a real problem, there are netting devices available to place over food to keep it bug-free. Spray insect repellents away from the food.

4. Leftovers? If there is still ice in the cooler when you get home, *and* the food did not sit out for over 1 hour, the food is okay to save. If the cold source has melted or is only cool, do not use any of the perishable leftovers.

5. Boardwalk dining. A stroll down the boardwalk often leads to food. Make sure the food stand you choose looks clean and well-managed and that the hot foods are served hot and cold foods are served cold. DON'T eat something that may have been sitting on display in the hot sun.

For more information on summer trekking or other food handling questions, call USDA's Meat and Poultry Hotline, 1-800-535-4555, 10 a.m. to 4 p.m. weekdays Eastern Time. Washington, D.C. area residents call 202-720-3333.

Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

Barbecued Beef

45 Minutes to 1 Hour, Serves 4
Serve on crusty Kaiser rolls or hamburger buns.

1 pound lean beef stew meat, cut into 1" to 2" pieces
1 Tbsp. vegetable oil

Barbecue Sauce
1 cup catsup
1 Tbsp. water
2 Tbsp. cider vinegar
3 Tbsp. brown sugar
2 tsp. yellow prepared mustard
1 Tbsp. minced onion
1 tsp. Worcestershire Sauce (optional)
1/2 tsp. chili powder
1 tsp. cumin powder

Preheat over to 375°F

1. In a medium sauce pan over medium high heat, add oil and brown beef stew meat on all sides until well browned. Remove from heat and add remaining barbecue sauce ingredients to beef. Stir well.
2. Place into an over proof baking dish, cover and bake for 45 minutes to 1 hour or until beef is tender and shreds easily.

Nutrients per serving (1/2 cup)

Calories	136	Saturated Fat	1.9 g	Iron	1.4 mg
Protein	9 g	Cholesterol	26 mg	Calcium	14 mg
Carbohydrate	12 g	Vitamin A	36 RE	Sodium	394 mg
Total Fat	6.2 g	Vitamin C	5 mg	Dietary Fiber	1 g

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Recipe of the Month

This recipe was developed for The School Lunch Challenge, the 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use. Turn to page 104 for more information on this resource.

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Crispy Chicken Salad

	50 Servings		100 Servings	
Ingredients	**Weight**	**Measure**	**Weight**	**Measure**
Boneless, skinless, chicken breast	8 lb., 15 oz		17 lb., 14 oz	
Whole wheat bread crumbs	10 oz	1 qt 1/4 cup	1 lb., 4 oz	2 qt 1/2 cup
Fresh iceberg lettuce, chopped	2 lb., 14 oz	1 gal 2/3 cup	5 lb., 12 oz	2 gal 1⅓ cups
Fresh kale, chopped	8 oz	2 qt 1/3 cup	1 lb.	1 gal 2/3 cup
Fresh carrots, julienned	1 lb., 9 oz		3 lb., 2 oz	
Fresh radishes, sliced	1 lb., 1 oz	50 ea	2 lb., 2 oz	100 ea
Fresh alfalfa sprouts	12 oz	1 qt, 1/2 cup	1 lb., 8 oz	2 qt 1 cup
Ranch dressing, optional		1 qt, 2¼ cup		3 qt, 1/2 cup

Directions:

1. Dredge the chicken in bread crumbs. Bake in a conventional over at 350°F for 15 minutes or in a convection oven at 325°F for 15 minutes.
2. Cut chicken vertically into thin slices.
3. Mix greens.
4. Place 1/2 cup of greens on each plate with 1/2 oz (1 Tbsp.) of carrots.
5. Place 2¼ oz of cooked breaded chicken on top.
6. Garnish each salad with a radish and 1/2 oz (1½ Tbsp.) of sprouts.
7. Serve each salad with 1 Tbsp. of Ranch dressing.

Crispy Chicken Salad

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Serving: 2¼ ounce portion of chicken on 1/2 cup of greens, with carrots, radish, and sprouts (105 grams). Provides 2 ounces of cooked poultry and 3/4 cup of vegetable.

Yield: 50 Servings: 7 lb., 1 oz chicken (3164 grams)
100 Servings: 14 lb., 2 oz chicken (6328 grams)

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Nutrients Per Serving*

Calories	118 kcal	Saturated Fat	.3 g	Iron	1.1 mg
Protein	20 g	Cholesterol	47 mg	Calcium	32 mg
Carbohydrate	6 g	Vitamin A	3761 IU	Sodium	95 mg
Total Fat	1.4 g	Vitamin C	11 mg	Dietary Fiber	1 g

* *without dressing*

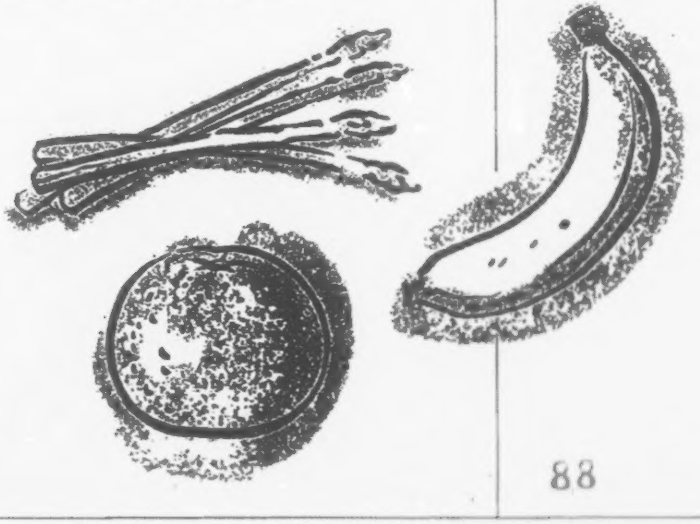
Highlights & Resource Information

National Beef Steak Month

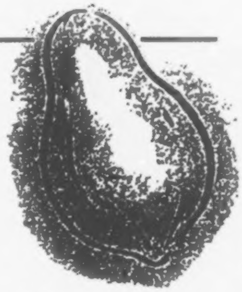
Celebrate one of America's favorite foods—beef steak! Beef is the number-one protein choice in America, and steak leads the pack when it comes to how consumers eat beef at home. It's also a popular choice when dining out-consumers are ordering over 8.7 million servings of steak a year. Contact: Marlys Bielunski, National Cattlemen's Beef Association, 444 N Michigan Ave., Chicago, IL 60611. Tel: (312) 670-9253 or (312) 670-9250.

National Fresh Fruit And Vegetable Month

To illustrate to Americans the abundance, variety, good taste, good value and importance to good health of fresh fruits and vegetables. Contact: Marketing Manager, United Fresh Fruit and Vegetable Association, 727 N Washington St., Alexandria, VA 22314. (703) 836-3410.



National Papaya Month



To celebrate the peak of the Hawaiian papaya season and encourage consumers to enjoy Hawaiian papaya for its taste and nutritious value. Contact: Papaya Administration Committee, PO Box 48051, Los Angeles, CA 90048.

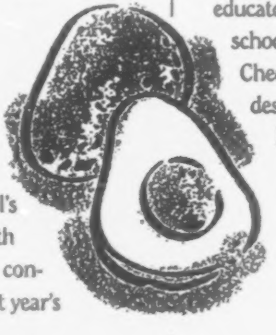
Turkey Lovers' Month

Month-long campaign to promote awareness and increase turkey consumption at a non-holiday time. Contact: Paige McMahon, Director of PR, National Turkey Federation, 1225 New York Ave., NW, Suite 400, Washington, DC 20005. Tel: (202) 898-0100.

Turn to page 104 to order the Team Nutrition publication, *Healthy School Meals… Healthy Kids! A Leadership Guide for School Decision-Makers.*

On The Road To Healthy Children

We all know that good nutrition is essential for children's health and learning. That's why USDA created the **School Meals Initiative for Healthy Children**—to ensure healthy meals at school, and the **Team Nutrition Program**—to assist schools in implementing these important changes through technical assistance and training, and exciting nutrition education lessons and activities.

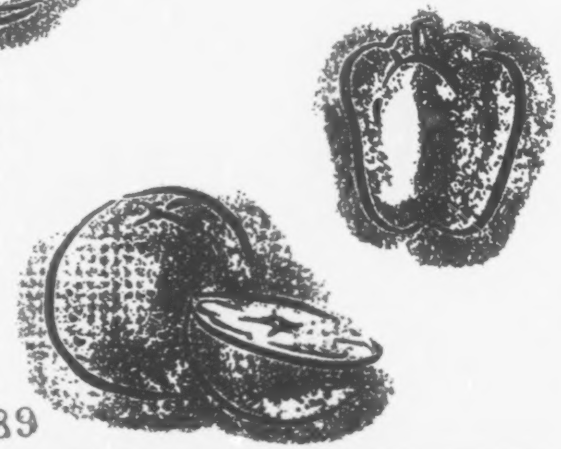


The School Meals Initiative for Healthy Children, a comprehensive, integrated plan to ensure healthy meals at school, was launched in June 1994 and resulted in historic legislation to improve the health and education of children through better nutrition. For the first time in 50 years, USDA updated the nutrition standards for school meals based on current, scientific research.

Now is a good time to review your school's progress toward making these changes. With your results, you can easily create a plan to continue to make Team Nutrition a part of next year's curriculum and activities.

Team Nutrition has designed tools to help get you started–review questions and a leadership guide. On the next page you'll find a list of questions to review your school's success so far. Once you have written down last year's accomplishments, you can use our publication *Healthy School Meals…Healthy Kids! A Leadership Guide for School Decision-Makers* to see the many ways you can take the lead using the exciting and innovative materials and resources developed by USDA and our partners.

We hope you will use this guide to work with everyone in your school and community—students, teachers, parents, food service personnel, coaches, school nurses, health educators, and nutrition supporters—to provide healthy school meals and nutrition education in your school. Check out the variety of materials and resources described in the guide, and follow the action steps listed in the "Getting Results" section. USDA can work with you to make the changes come alive in your school!



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Team Nutrition Program Review

- Has meal planning changed? Are meals in compliance with the Dietary Guidelines and Nutrient Standards?

- Has a nutrient analysis been conducted? Have the results been used to refine menus?

- Has the menu been changed? What type of feedback have you gotten from students?

- Do the menus have more variety; more fruits, grains and vegetables and lower fat choices?

- What's been done to lower fat, salt and sugar and increase fiber?

Team Nutrition
Program Review

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- What training and technical assistance has food service staff received?

- Do school staff understand the Team Nutrition objectives?

- Do food service staff deliver nutrition education to students?

- Do you have a committee/working group to plan and carryout your program? If yes, does it include food service personnel, teachers, parents, community members such as Extension Service, local dietitians/nutritionists, etc.?

- Did you have any Team Nutrition/nutrition education activities last year? List the activities.

- How effective was each activity in communicating nutrition information?

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Team Nutrition
Program Review

- Did you use Team Nutrition material or material from other sources?

- How have students, parents, food service and community been involved in nutrition education activities?

- Have supporters been recruited and used to promote your program?

- Have you received press coverage of your program? Are public officials or community leaders aware of your program?

- Are there other resources available to you in your community—hospitals, colleges, Extension Service, businesses, etc.? Are you using them?

- What changes need to be made to increase the success of your program?

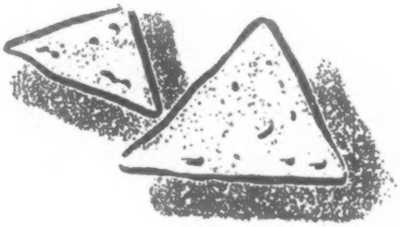
PARENT REPRODUCIBLE

Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

Homemade Salsa

15 Minutes, Serves 6



1 cup fresh tomatoes, diced
1/2 cup corn kernels, fresh or frozen
1/2 cup onion, diced
1 Tbsp (or less) jalapeno peppers, chopped
2 Tbsp lime juice
2 cloves fresh garlic, finely diced

1. Combine all of the above ingredients.
2. Serve with lowfat baked tortilla (corn) chips, or fresh veggies, cut up.

Nutrients per serving (1/2 cup)

Calories	33	Saturated Fat	0 g	Iron	0.4 mg
Protein	1 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	8 g	Vitamin A	42 RE	Sodium	26 mg
Total Fat	0.4 g	Vitamin C	15 mg	Dietary Fiber	1 g

Recipe of the Month

This recipe was developed for The School Lunch Challenge, the 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use. Turn to page 104 for more information on this resource.

Confetti Veggie Spaghetti Salad

Ingredients	50 Servings Weight	Measure	100 Servings Weight	Measure
Spaghetti	2 lb	2 qt	4 lb	1 gal
Fresh Tomatoes, diced	2 lb 2 oz	1 qt 2 cups	4 lb 4 oz	3 qt
Frozen mixed vegetables	1 lb 12 oz	1 qt 2 cups	3 lb 8 oz	3 qt
American cheese, diced	2 lb 2 oz	1 qt 2½ cups	4 lb 4 oz	3 qt 1 cup
Ripe black pitted olives, diced	4 oz	1 cup	8 oz	2 cups
Red onions, diced (optional)	2½ oz	1/2 cup	5 oz	1 cup
Mild pepper rings, or Pepperoncini, chopped	2 oz	1/3 cup	4 oz	2/3 cup
Parmesan cheese, grated	5 oz	1 cup	10 oz	2 cups
Dried whole basil leaves		1 Tbsp		2 Tbsp
Black pepper		1 Tbsp		2 Tbsp
Lowfat Italian dressing		2 cups		1 qt
Confetti Topping				
Parmesan cheese, grated	5 oz	1 cup	10 oz	2 cups
Granulated garlic		1½ tsp		1 Tbsp
Black pepper		1½ tsp		1 Tbsp
Dried parsley		3 Tbsp		1/4 cup 2 Tbsp
Dried basil leaves		1 Tbsp		2 Tbsp

Provides 3/4 ounce of cheese, 1/8 cup of vegetable and 1/2 serving of bread alternate.

Chef's Tips: Elbow macaroni may be substituted for spaghetti. The flavor can be enhanced by preparing the salad one day prior to serving.

Confetti Veggie Spaghetti Salad

Directions:

1. Break spaghetti noodles into fourths. Cook spaghetti until tender-firm, about 8 minutes. Drain and cool in a refrigerator for 30 minutes.
2. In a large bowl, combine tomatoes, mixed vegetables, cheese, olives, onions (optional), peppers, Parmesan cheese, basil, and black pepper. Add chilled spaghetti.
3. Toss with lowfat Italian dressing.
4. Refrigerate for 2 hours prior to serving.
5. Serve a 3/4 cup portion.

Confetti:

6. Mix all ingredients. Sprinkle 2 tsp of dry mixture over each serving.

Serving:	3/4 cup (112 grams)
Yield:	50 servings: 12 lb 8 oz (5600 grams) 100 servings: 25 lb (11,200 grams)

Nutrients Per Serving

Calories	117 kcal	Protein	5 g	Carbohydrate	10 g
Total Fat	6.1 g	Saturated Fat	3.3 g	Cholesterol	14 mg
Vitamin A	973 IU	Vitamin C	4 mg	Iron	.8 mg
Calcium	136 mg	Sodium	320 mg	Dietary Fiber	1 g

Highlights & Resource Information

American School Food Service Association (ASFSA), Annual Conference

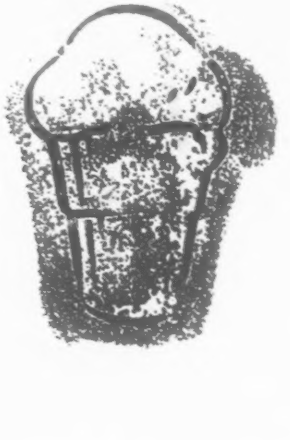
For more information, contact ASFSA at 1600 Duke Street, 7th Floor, Alexandria, VA 22314-3436. (703) 739-3900. Fax: (703) 739-3915.

National Baked Bean Month

To pay tribute to one of America's favorite and most healthful and nutritious foods, baked beans. Contact: Michigan Bean Commission, 1031 South US 27, St. Johns, MI 48879. Tel: (517) 224-1361.

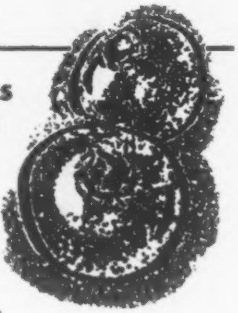
National Ice Cream Month

To promote America's favorite dessert, ice cream. Contact: International Ice Cream Association, 1250 H Street NW, Suite 900, Washington, DC 20005.
Tel: (202) 737-4332.



National July Belongs to Blueberries Month

To make the public aware that this is the peak month for fresh blueberries. Contact: North American Blueberry Council., 4995 Golden Foothill Parkway, Suite #2, El Dorado Hills, CA 95762.



National Picnic Month

A time to appreciate picnics and picnic fare—hot dogs, salads, pork and beans which make outdoor eating so enjoyable. Contact: Campbell's Beans, Campbell's Soup Company, One Campbell Place, Camden, NJ 08103.
Tel: (609) 342-4800.

The following information was provided by the National Food Service Management Institute. For more information, call NFSMI at 1-800-321-3054.

What's New From NFSMI?

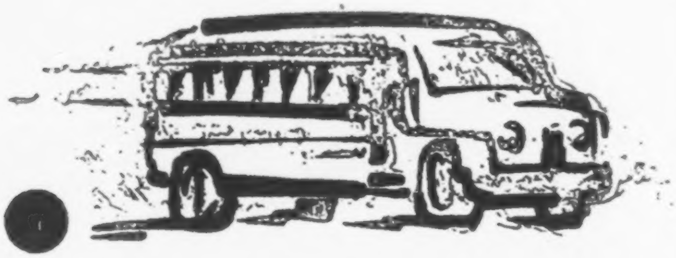
Training materials, videos, fact sheets, workshops, research findings, technological advances and more....

Customer Service Help Desk... Your Healthy Food Line

The purpose of the Customer Service Help Desk is to provide up-to-date, accurate and timely technical assistance regarding all aspects of the Healthy School Meals Program to school foodservice personnel utilizing "state of the art" avenues to the information highway.

Primary focus of the technical assistance provided include:

- nutrition requirements/nutrient analysis
- menu planning
- procurement
- financial management
- marketing
- food production
- program management
- equipment



Two full-time school meals specialists are available to provide information, discuss possible solutions, and answer questions. The Help Desk may be accessed by toll-free phone (1-800-YHF-LINE...Your Healthy Food Line), e-mail, (yhfline@sunset.backbone.olemiss.edu) Fax: (601) 232-1091, and future WEB page.

CHOICE PLUS

CHOICE PLUS: A Reference Guide for Foods and Ingredients, was prepared by the NFSMI through a cooperative agreement with USDA. USDA has published this reference guide to meet schools' need for better food specifications, consistent with new nutritional goals and knowledge. It provides information that helps the program operator make informed decisions when purchasing products for use in school lunch and breakfast programs. The manual is available from NFSMI for $10.00, shipping included.

First Choice: A Purchasing Systems Workshop and Manual

The NFSMI, through a cooperative agreement with USDA presented "First Choice: A Purchasing Systems Workshop" in each of the seven USDA regions of the country for regional, state, and local child nutrition professionals.

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The 200-page First Choice manual is designed for school purchasers interested in redesigning their purchasing methods. The detailed manual carefully explains methods and theories such as applying "critical path planning" (a materials movement plan used in the manufacturing industry) to the movement of food products; "just in time" (JIT) product movement strategies as applied in the school environment; innovative purchase systems; and the use of third party market research as a basis for cost. The Choice Plus manual is a food and ingredient reference guide for school purchasers to assist in developing food descriptions.

The Help Desk staff at NFSMI, along with a contact from each regional office, coordinated each workshop. More than 350 participants attended the workshops. Evaluations indicate that the workshops were a great success. The staff at Your Healthy Food Line (1-800-943-5463) will serve as follow-up contacts for questions dealing with implementation of the purchasing systems.

Culinary Techniques for Healthy School Meals

Numerous train-the-trainer workshops for the Culinary Techniques for Healthy School Meals series have been conducted by the NFSMI. The project was funded by a USDA Team Nutrition grant awarded to the states of Florida, Kentucky, and Mississippi with additional funds from the states of Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee. All of these states are completing the state level of training the master trainer. The healthy food preparation practices demonstrated in the thirteen lesson series are designed to help the food service staff produce a menu that meets the Dietary Guidelines for Americans. The manager coach has an opportunity to instruct and guide the food service staff in the application of the principles presented in the lessons. Coaching involves presenting a short lesson, which includes a video demonstration, and the application of the lesson during regular meal production, referred to as Culinary Practice. For more information about how you can have a Culinary Techniques for Healthy School Meals master trainer workshop or a coaching workshop for your schools, contact the NFSMI at 1-800-321-3054.

Culinary Techniques for Health School Meals is a 13-lesson training program for school food service assistants on food preparation techniques. Lesson titles are as follows:

- Introduction to Preparing Healthy School Meals
- Preparing Fruits
- Preparing Cooked Vegetables
- Preparing Salads
- Preparing Yeast Breads
- Preparing Quick Breads
- Preparing Pasta, Rice, and Grains
- Preparing Cakes
- Preparing Meat and Poultry
- Preparing Processed Meat Products
- Preparing Meat Alternate Main Dishes
- Preparing Sauces
- Seasonings for Healthy School Meals

The "train-the-trainer" concept was used in the instructional design with each lesson to be presented by the manager to the food service assistants. Each lesson contains written material for presentation as well as a video demonstration. The project was funded by a USDA Team Nutrition grant awarded to the states of Florida, Kentucky, and Mississippi with additional funds from the states of Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee. The project was developed under contract with NFSMI. The total training package includes four albums, seven video tapes, nine workbooks, and a certificate. The package is available from NFSMI for $55.00 plus shipping.

Hands-on Team for Healthy School Meals

The NFSMI is happy to announce a service for school food service personnel, Hands-on Team for Healthy School Meals. The service will involve NFSMI staff and a team of trained professionals who will visit participating schools to provide technical assistance in all aspects of menu planning. The on-site service, funded through a cooperative agreement with USDA, is a pilot project to provide hands-on assistance to schools of all sizes. A site visit will last from one to four days at no cost to the participating school or state. The overall project objective is to provide a mechanism for local school food authorities to receive technical assistance in implementation of the nutrition goals of the School Meals Initiative for Healthy Children.

The target audience will be menu planners in local school districts. During the two-year pilot project, NFSMI consultants plan to visit as least 100 schools around the country. Help will be provided in writing menus, using nutrient analysis programs, organizing and entering them into the computer, promoting use of standardized recipes, writing bid specifications for purchasing, setting up attractive serving lines, and merchandising promotions, as well as meeting other needs requested specifically by local schools. Sites will be selected on a first-come, first-served basis.

State agencies will play an important role in the project as they help to identify schools that can benefit from the free service. The technical assistance project is not a monitoring program. It is designed to provide assistance in meeting the nutrition goals of the initiative. Consultants who visit school sites will help school nutrition personnel in identifying problems and developing solutions. While on site, the consultants will work with personnel to develop action plans. NFSMI will provide follow-up assistance via the Help Desk.

Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating.* Turn to page 104 for ordering information.

Quick Summer Fruit Shortcake

20 Minutes, Serves 4

Frozen or canned fruit can be used in this recipe, too!

1 pint strawberries, cleaned and hulled
1 cup grapes, seedless, cleaned and halved
2 each peaches, diced
3 Tbsp sugar
1/4 cup orange juice
4 slices angel food cake

1. The kids can help with this step. If using strawberries, quarter them first. Combine berries, grapes, peaches, sugar and orange juice in a large bowl. Mix well. Cover with plastic wrap; refrigerate for 20 minutes.
2. Kids put one slice of cake on each plate; then portion the fruit and juices from the bowl on top of each slice of cake. Serve.

Nutrients per serving (1 serving)

Calories	148	Saturated Fat	0.1 g	Iron	3 mg
Protein	2 g	Cholesterol	0 mg	Calcium	46 mg
Carbohydrate	36 g	Vitamin A	27 RE	Sodium	210 mg
Total Fat	0.4 g	Vitamin C	9 mg	Dietary Fiber	2 g

Recipe of the Month

This recipe was developed for The School Lunch Challenge, the 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use. Turn to page 104 for more information on this resource.

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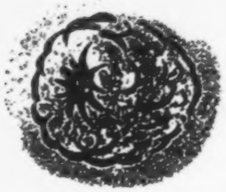

Raspberry Megabytes

	50 Servings		100 Servings	
Ingredients	**Weight**	**Measure**	**Weight**	**Measure**
Margarine or butter	14 oz		1 lb., 12 oz	
Sugar	10 oz	1½ cups	1 lb., 4 oz	3 cups
Salt		1/2 tsp.		1 tsp.
Frozen whole eggs	1 lb.		2 lb.	
or				
Fresh large eggs		8 ea		16 ea
Lowfat milk	3 oz	3/8 cup	6 oz	3/4 cup
Vanilla	1 oz	2 Tbsp.	2 oz	1/4 cup
All-purpose flour	1 lb., 13 oz	1 qt, 2½ cups	3 lb., 10 oz	3 qt 1 cup
Granola	1 lb.,	1 qt	2 lb.	2 qt
Dates, pitted and diced	2 oz	8 ea	4 oz	16 ea
Raspberry jam	4 oz	1/2 cup	8 oz	1 cup

Directions:

1. Mix margarine, sugar and salt in mixing bowl with a paddle attachment for 10 minutes at medium speed.
2. Slowly add eggs. Scrape down sides of mixing bowl. Slowly add milk and vanilla. Scrape from sides of mixing bowl.
3. Add flour. Mix for 1 minute. Scrape down sides of mixing bowl. Refrigerate dough for 30 minutes.
4. Toss granola and dates in separate bowl. Portion cookies using a No. 30 scoop into granola mixture to coat. Place on sheet pans, 25 per pan.
5. Make an indentation in the center of each cookie and fill with 1/2 tsp. of jam.
6. Bake in a 375°F conventional over for 12 minutes or a 350°F convection oven for 8 minutes.

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Raspberry Megabytes

Serving: 1 cookie (42 grams)

Yield: 50 servings: 4 lb., 6 oz (1960 grams)
100 servings 8 lb., 12 oz (3920 grams)

Nutrients Per Serving

Calories	157 kcal	Protein	4 g	Carbohydrate	26 g
Total Fat	4.4 g	Saturated Fat	.8 g	Cholesterol	34 mg
Vitamin A	545 IU	Vitamin C	0 mg	Iron	2.0 mg
Calcium	41 mg	Sodium	166 mg	Dietary Fiber	1 g

Highlights & Resource Information

National Water Quality Month

Contact: Culligan International, One Culligan Parkway, Northbrook, IL 60062.

National Food Service Management Institute (NFSMI)

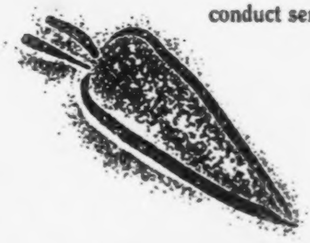
Mission: To improve the quality and operation of the Child Nutrition Programs. Funded by Congress since 1990-91. Contact: NFSMI Customer Service Help Desk: 1-800-321-3054.

The following activity was taken from the Scholastic Inc., educational curriculum for Team Nutrition "Food Works," for Grades 3-5. To order a complete set of materials for this and other grade levels, call 1-800-SCHOLAS(TIC).

Sense-ational Food

Science, Language Arts

Food appeals to all of our senses. When students learn to appreciate foods for their tastes, smells and beautiful appearance, they will naturally try new foods—and variety is key to a healthy diet.



What Students Do

conduct sense experiments ○ start a New Food Anthology ○ study the ways foods are marketed

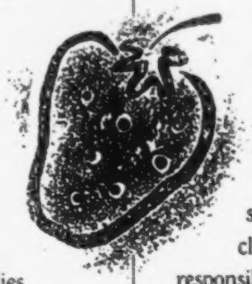
Skills Developed

using descriptive language ○ recording data ○ drawing conclusions

Materials

blindfold ○ samples of different foods

Before you begin, ask students or food service staff to provide foods to sample in Activity 1. Ask students to use words to describe each of the foods and with which of the five senses the descriptive words could be used. (Smooth—Taste, Crunchy—Sound, etc.). Or ask students with which of the five senses the descriptive words on the border of the Sense-ational Foods poster could be used.



Getting Started

Many candies and sodas are advertised as fruit-colored or fruit-flavored. Ask students why they think this is. What makes fruits so appealing? Why would the people who sell candies and sodas want to associate their products with fruit?

Do students ever pick foods based on how they look? How they are prepared? Initiate a class discussion on how preparation and presentation can persuade us to eat certain foods.

Have students tell stories of new foods they tried because the food looked or smelled interesting, or how a favorite food was made unappealing by being served in a new way.

Challenge students to name five descriptive words for each of the five senses we use to evaluate foods.

Activity 1 Sense Science

Students do experiments to find out how senses affect attitudes toward food. Divide the class into teams of scientists. Each team will be responsible for testing two types of food. The experiments can be conducted in the school lunchroom using foods from the school lunch program.

Distribute "Food Sense" student reproducible on page 98. Volunteers are blindfolded for all the experiments except the one on sight. Remind the scientists to record the volunteers' descriptions.

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- **Touch:** Volunteers describe feel/texture of each food.
- **Taste:** They taste the foods and describe the tastes while holding their noses so they cannot smell.
- **Smell:** They describe the foods' smells, then re-taste them to see if smell affects taste.
- **Hearing:** They describe the sound of the food as they bite it, chew it, or drink it.
- **Sight:** The volunteers remove their blindfolds and describe the appearance of the food.

Ask: Did volunteers guess the food before they saw it? What did you learn about senses and food? Teams write a report on their experiments and conclusions.

Activity 2 Advertise Food

Have each team list the words used by volunteers in the sensory experiments to describe foods. They share their lists with the class. Students can decide which words from the class list make foods seem appealing and would make them want to try them. Then challenge students to make posters advertising foods, using these descriptive words.

Challenge students to try new foods, for example: strawberries with yogurt, whole grain bread, broccoli, apples, and granola. Every day, ask who has tried a "new" food.

Encourage each student to use sensory words and phrases to describe the food's texture, smell, taste, and appearance to the class.

Have students write about every new food they eat. Explain that they will each choose a few favorite new foods to include in a special collection, or anthology, of interesting taste experiences. Students choose their favorite new foods, draw pictures of them, and write a descriptive sentence about each one. They should make their food choices as appealing as possible, using advertising techniques.

Lunchroom Link

Students can ask food service staff to let them know whenever a "new food" is going to appear on the menu. Students can then make sure that the new foods will be sampled and included in the *challenge*. Students and staff could work together to advertise new foods on the menu.

Students also compose letters to lunchroom staff, telling about the interesting foods they discovered.

Wrap It Up—Be a Choosy Shopper

Students may take along a notebook next time they visit a grocery store, and record adjectives to describe the foods they or their parents select. Encourage them to understand why they or their parents select one food instead of another.

Home Connection

Distribute "Supermarket Sleuths" to children for their parents. Explain that the page includes ideas for detective work that will make their next trip to the supermarket a lot of fun.

Name ____________________

Food Sense

You can experience food with all your senses, not just taste! Here are some words we use to describe senses. How many words can you add to the list?

cold sharp wet sweet
bitter soft stinky
flowery bright crunchy
popping colorful

Record the results of your sense tests here and see how important all your senses are:

Food 1

Touch ____________________

Taste ____________________

Smell ____________________

Hearing ____________________

Sight ____________________

Food 2

Touch ____________________

Taste ____________________

Smell ____________________

Hearing ____________________

Sight ____________________

Supermarket Sleuths

Children are more willing to try new foods when they help to select them. Therefore, a trip to the supermarket is an excellent opportunity to expand the variety of foods your child is willing to eat, as well as an opportunity to learn more about choosing foods for a healthy diet.

To make the activity ideas below even more appealing to your child, you can both play detectives who use clues from the Food Guide Pyramid to choose foods at the supermarket.

Plan of Action

Create a Shopping List Before you take off on your shopping expedition, write out a shopping list together. This reinforces what your child is learning about different kinds of foods and how foods are grouped. First, write down all the "suspects" or items you will be looking for at the store. As you prepare this list, ask your child what he or she thinks the family needs. Then, challenge your child to organize the "suspects" by food group. Have him/her begin by writing all the grains (breads, cereals, rice, and pasta) you need; then listing the fruits, vegetables, dairy products (milk, cheese, yogurt, etc.), and finally all the meat, poultry, fish, eggs, dry beans, and nuts. Include a special "snacks" section on your list, where you both can list healthy snacks.

Get Those Groups When you get to the store, ask your child to locate foods by food groups. Turn the shopping list over to your child and suggest that they check off each item as it goes into your cart.

Shopping List
☑ Fruits
☐ Veggies
☐ Breads
☐ Milk

Wanted! New Foods Pick a food group and ask your child to choose one or two new foods from this group for the family to try. It could be a new kind of fruit, a vegetable your child hasn't tried before, a new flavor of cheese, a type of dry bean you can use for soup or salad, an interesting shaped pasta, or a different kind of bread. You can decide on these new foods at home or wait to see what you find at the store. Have your child select a new item from a different food group on your next trip to the market together.

Connecting the Clues

While you are at the store, encourage your child to look for connections and make comparisons.

Can the same food be found in different forms in the store? For example—vegetables can be purchased fresh, in cans, frozen, or as ingredients in soup. Ask if your child can find examples of other foods in various forms.

Challenge your child to come up with a list of "clues" about his/her favorite foods. Then you can try and guess what they are.

Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating*. Turn to page 104 for ordering information.

Fresh Fruit Kabobs with Chocolate Sauce

12 Strawberries
24 Melon balls (honey dew and cantaloupe)
6 ounces angel food cake cut into 1" cubes
6 marshmallows
1⅓ cups semi-sweet chocolate chips
1 Tbsp. lowfat buttermilk (or lowfat milk)
6 wooden skewers

1. Have kids wash strawberries, picking off stems. With a melon baller or a small spoon, have them make melon balls. If kids can handle a knife, have them cut cake into squares.
2. Have kids arrange fruit and cake on wooden skewers. The pattern is up to them. Place skewered fruit sticks on a serving plate.
3. The adult melts chocolate chips and milk together over low heat.
4. Together, pour sauce over fruit sticks turning over to cover. Let cool a moment.
5. Serve to hungry kids!

Nutrients per serving (1 kabob)

Calories	354	Saturated fat	7 g	Iron	2.1 mg
Protein	5 g	Cholesterol	0 mg	Calcium	96 mg
Carbohydrate	63 g	Vitamin A	98 RE	Sodium	251 mg
Total fat	12.6 g	Vitamin C	99 mg	Dietary Fiber	7 g

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Recipe of the Month

This recipe was developed for The School Lunch Challenge, the 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use. Turn to page 104 for more information on this resource.

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Peach Crisp

Ingredients	50 Servings Weight	Measure	100 Servings Weight	Measure
Filling				
Canned sliced peaches, drained	6 lb 4 oz	3 qt 2 cups	12 lb., 8 oz	7 qt
Sugar	14 oz	2 cups	1 lb., 12 oz	1 qt
Cornstarch	2 oz	1/2 cup	4 oz	1 cup
Syrup from peaches		1 qt		2 qt
Ground allspice		2 tsp.		1 Tbsp + 1 tsp
Vanilla or Almond extract	2 oz	1/4 cup	4 oz	1/2 cup
Topping				
Rolled oats	9 oz	3 cups	1 lb. 2 oz	1 qt 2 cups
All-purpose flour	4 oz	3/4 cup	8 oz	1½ cups
Walnut, chopped	3 oz	3/4 cup	6 oz	1½ cups
Brown sugar	6 oz	3/4 cup	12 oz	1½ cups
Ground cinnamon		1½ Tbsp.		2 Tbsp
Ground nutmeg		1 tsp.		1 Tbsp
Vanilla		2 Tbsp.		1/4 cup
Margarine or butter, melted	6 oz	3/4 cup	12 oz	1½ cups

Directions

1. Drain peach slices and reserve syrup. Places 3 qt 2 cups (6 lb. 4 oz) of slices in each 12" × 20" × 2½" steamtable pan.
2. Mix sugar with cornstarch in a saucepan. Add syrup from peaches and stir until blended. Place over medium heat. Cook until sugar dissolves and liquid is slightly thickened, about 5 minutes. Remove from heat and add allspice and vanilla.
3. Pour 1 qt 1 cup of thickened syrup over each pan of peaches.
4. Mix all dry ingredients together. Add melted margarine and mix well. Spread 1 qt 1 cup (1 lb. 11 oz) evenly over filling. Bake in a convection oven at 350°F for 10 minutes or in a conventional over at 375°F for 15 minutes until lightly browned. Cool. Cut each pan 5 × 10 (50 pieces per pan).

Peach Crisp

* * *

Servings: 1 piece (98 grams) provides 1/8 cup fruit

Yield: 50 servings: 11 lb. 6 oz (5096 grams)
100 servings: 22 lb. 12 oz (10,192 grams)

Nutrients per Serving

Calories	195 kcal	Protein	4 g	Carbohydrate	31 g
Total Fat	7.6 g	Saturated Fat	.7 g	Cholesterol	0 mg
Vitamin A	310 IU	Vitamin C	2 mg	Iron	1.4 mg
Calcium	31 mg	Sodium	38 mg	Dietary Fiber	2 g

Highlights & Resource Information

National Chicken Month

This commemoration is designed to focus consumer attention on chicken as a nutritious, convenient, economical and versatile food. Contact: National Broiler Council, Steve Pretnig, 1155 15th Street NW, Suite 614, Washington, DC, 20005. Tel: (202) 296-2622. Perdue Farms, Jim Perdue, Old Ocean City Road, Salisbury, MD 21802. Tel: (410) 453-3509.

National Hispanic Heritage Month

Began with a Presidential Proclamation in 1989. Always issued for September 15—October 15 of each year. Contact: National Council of La Raza, Dr. Henry Pacheco, 1111 19th Street, NW, Suite 1000, Washington, DC 20036. Tel: (202) 785-1670.

National Rice Month

To focus attention on the importance of rice to the American diet and to salute the U.S. rice industry. Contact: USA Rice Federation, Mary Jo Chessman, PO Box 740121, Houston, TX 77274. Tel: (713) 270-6699 Fax: (713) 270-9021.

President's Challenge Physical Fitness Awards Program Begins

The President's Challenge Physical Fitness Awards Program gives students ages 6 to 17 an opportunity to receive presidential recognition as they strive to adopt and maintain a healthy and fit life. Program disseminated to all schools for the current year. Contact: Christine G. Spain, MA, Director of Program Planning and Special Projects, President's Council on Physical Fitness & Sports, DHHS, HHH Bldg., Room 738-H, 200 Independence Ave., SW, Washington, DC. Tel: (202) 690-5148. Fax: (202) 690-5211.

Team Nutrition Resources

What's Available and How To Get It

Nutrition Promotion and Education Materials	**Available To:**	**How To Order:**
A Healthier Tomorrow	General public	Order Form
Best of Team Nutrition Days Book	Team Nutrition Schools, Cooperative Extension Service, NET, Supporters, state agencies	Available after October 1997
Community Nutrition Action Kit	Supporters, Cooperative Extension	Internet: http://schoolmeals.nal.usda.gov:8001, and for photocopying, through your local Cooperative Extension Office.
"Dear Student" Reproducible	Team Nutrition Schools	Upon enrollment, in the Resource Kit
Materials featuring spokestoons Pumbaa & Timon from *The Lion King*:		
Devour for Power Counter Card	Team Nutrition Elementary Schools	Upon enrollment, in the Resource Kit
Devour for Power Food Guide Pyramid Poster	Team Nutrition Elementary Schools, state agencies, parents, WIC, Supporters	Order Form
Devour for Power Poster	Team Nutrition Elementary Schools, state agencies	Order Form
Eating Smart Growth Chart	Team Nutrition Elementary Schools, state agencies, parents, WIC, Supporters	Order Form
Smart Yet Satisfying Poster	Team Nutrition Elementary Schools, 06state agencies	Order Form
Timon's Special Menu Board	Team Nutrition Elementary Schools	Upon enrollment, in the Resource Kit

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Nutrition Promotion and Education Materials	Available To:	How To Order:
Food, Family & Fun: A Seasonal Guide to Healthy Eating	General public	NFSMI at 1-800-321-3054; Government Printing Office at (202) 512-1800, item S/N 001-000-04627-6; Internet http://schoolmeals.nal.usda.gov:8001
Fun Tips: Using the Dietary Guidelines at Home	Parents, Supporters, state agencies	Order Form
Go, Glow, Grow Foods for You	Team Nutrition Schools, parents, child care, state agencies	Order Form
Healthy School Meals, Healthy Kids: A Leadership Guide	School food authorities, state agencies	Order Form
Middle School Magazine developed in cooperation with Scholastic, Inc.	Team Nutrition Middle Schools	Upon enrollment, after January 1998
Middle School Posters and Handouts	Team Nutrition Middle Schools	Upon enrollment, in the Resource Kit
Scholastic's In-School Curriculum (Elementary)	Schools, state agencies, general public	1-800-SCHOLAS (1-800-724-6527)
Teacher's Support Handbook: Tips, Tools & Jewels for Busy Educators and audio cassette	In the Scholastic In-school Curriculum Kits and to TN Schools which have already received a Scholastic Kit	Order Form
Team Nutrition Connections	General public	Order Form
Team Nutrition Days...and Beyond: How-To Kit	Team Nutrition Schools, state agencies	Order Form
Team Nutrition Resource Kit Contents: "Getting Started," Team Nutrition School Banner, Age Appropriate posters and charts, Ten Steps for Parents, Great Nutrition Adventure Action Kit, Team Nutrition Connections, School Lunch Challenge recipes, "How-To" materials	Team Nutrition Elementary, Middle & High Schools (kits are tailored to each age group)	Upon enrollment
Team Nutrition School Activity Planner	Team Nutrition Schools, Supporters, state agencies	Order Form
Team Nutrition School Year 1997-98 Planning Calendar	All schools, Cooperative Extension, NET, Supporters, state agencies	Order Form
Team Up At Home: Activity Booklet	Team Nutrition Schools, parents, Supporters, state agencies	Order Form
Team Up At Home Reproducible Activity Sheets	Team Nutrition Schools, parents, Supporters, state agencies	Order Form
Ten Steps for Parents: Meeting the Dietary Guidelines At Home	Team Nutrition Schools, parents, Supporters, state agencies	Order Form

Training and Technical Assistance Materials	Available To:	How To Order:
A Tool Kit for Healthy School Meals	State agencies, school food authorities	Call NFSMI at 1-800-321-3054
Assisted NuMenus Guidance	local school food authority offices (one per school while supplies last), state child nutrition agencies	Call 1-800-321-3054
Choice Plus Food Purchasing Manual Reference Guide	State agencies, school food authorities	Call NFSMI at 1-800-321-3054
Culinary Training Videos	State agencies, school food authorities	Available after Fall 1997
Food Buying Guide for Child Nutrition Programs	State agencies, school food authorities	Available after Spring 1999
Great Nutrition Adventure Action Packet	Team Nutrition Schools in the Resource Kit	Enroll as a Team Nutrition School
Menu Planner for Healthy School Meals	State agencies, school food authorities	Available after Fall 1997
School Lunch Challenge Recipes	School food service personnel, school food authorities, state agencies	Call (703) 305-2585
Serving it Safe: A Manager's Tool Kit	State agencies, school food authorities	Call NFSMI at 1-800-321-3054
Training Guidelines for Healthy School Meals	Food service directors, managers, production staff, general assistants	Call NFSMI at 1-800-321-2054
Training Materials for Healthy School Meals	State agencies, school food authorities	Call USDA Nutrition Technical Services Division at (703) 305-2556

Spanish Materials	Available To:	How To Order:
Middle School Handouts	Middle schools	Order Form
Team Up At Home Activity Booklet	Elementary schools and parents	Order Form
Ten Steps for Parents	Elementary schools, parents, WIC, supporters, state agencies	Order Form

Spanish Posters	Available To:	How To Order:
Almuerzos Escolares, Provechosos y Sabrosos	Elementary Schools	Order Form
Come Bien Para Que Puedas Crecer	Elementary Schools	Order Form
¡Devorar Para Poder! Pyramid Poster	Elementary Schools	Order Form
El Menú Especial de Timón	Elementary Schools	Order Form

Order Team Nutrition Materials

______ A Healthier Tomorrow (USDA 24)
______ Best of Team Nutrition Days Book (USDA 81)
______ Fun Tips: Using the Dietary Guidelines at Home (USDA 45)
______ Go, Glow, Grow Foods for You (USDA 71)
______ Healthy School Meals, Healthy Kids: A Leadership Guide (USDA 66)
______ Team Nutrition Calendar & Companion (USDA 73)
______ Team Nutrition Connections (USDA 57)
______ Teacher's Support Handbook and Cassette (USDA 69/70)
______ Team Nutrition Days…and Beyond How To Kit (USDA 61)
______ Team Nutrition School Activity Planner (USDA 60)
______ Team Up At Home: Team Nutrition Activity Booklet (USDA 54)
______ Team Up At Home Reproducible Activity Sheets (USDA 55)

Classroom Posters

______ Devour for Power Poster (USDA 20)
______ Devour for Power Food Guide Pyramid (USDA 36)
______ Eating Smart Growth Chart (USDA 18)
______ Smart Yet Satisfying Poster (USDA 19)
______ Ten Steps for Parents (USDA 9)

Spanish Materials

______ Team Up At Home: Team Nutrition Activity Booklet (for Grades K-3) (USDA 74)
______ Ten Steps for Parents (USDA 75)
______ Middle School Handouts (USDA 76)

Spanish Posters

______ Almuerzos Escolares, Provechosos y Sabrosos (USDA 78)
______ Come Bien Para Que Puedas Crecer (USDA 79)
______ ¡Devorar Para Poder! (Pyramid Poster) (USDA 77)
______ El Menú Especial de Timón (USDA 80)

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Team Nutrition Supporters

These organizations support the Mission and Guiding Principles of Team Nutrition

ADVOCAP, Inc.
Agricultural Women's Leadership Network
Agenda for Children
Albany Park Community Center
Alivio Medical Center
American Academy of Pediatrics
American Alliance for Health, PE, Recreation and Dance
American Association of Family & Consumer Sciences
American Bakers Association
American Cancer Society
American College of Physicians
American College of Preventive Medicine
American Culinary Federation, Inc.
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American Farm Bureau Federation
American Federation of School Administrators
American Federation of Teachers
American Fine Foods
American Health Foundation
American Heart Association
American Institute for Cancer Research
American Institute of Wine & Food
American Meat Institute
American Medical Association
American National CattleWomen Inc.
American Nurses Association
American Oat Association
American Psychological Association
American Public Health Association
American School Food Service Association
Archer Daniels Midland Company
Archway Cookies
Arkansas Poultry Federation/Egg Council
Association for Child Development
Associated Churches Food Bank System
Association for Children of New Jersey
Association for the Advancement of Health Education
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Association of State and Territorial Public Health Nutrition Directors
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Boy Scouts of America
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Brooks Foods
Bumble Bee Seafood, Inc.
California Apricot Advisory Board
California Beef Council
California Department of Education
California Food Policy Advocates
California Fresh Carrot Advisory Board
California Prune Board
California Tomato Growers Association, Inc.
Campaign for Food Literacy, The
Camp Fire, First Texas Council
Cancer Research Foundation of America
Careers Through Culinary Arts Program
Center for Environmental Education
Center for Science in the Public Interest
Center on Hunger, Poverty & Nutrition Policy/Tufts University School of Nutrition
Cherry Marketing Institute
Children's Action Alliance
Children's Action Network
Children's Defense Fund
Children's Foundation, The
Citizens for Missouri's Children
Citizens for Public Action on Blood Pressure & Cholesterol
City of Columbus, Health Department
City of Rockford (IL) Head Start Program
Colorado PTA
Community & Economic Development Association
Community Kitchen of Monroe County, Inc.
Community Resource Center (OH)
Comstock Michigan Fruits
ConAgra, Inc.
Congressional Hunger Center, The
Consumer Federation of America
Cooperative State Research, Education & Extension Service, USDA
Corning Consumer Products Company
Council of Agricultural Science & Technology
Council of the Great City Schools
Crestline Assistance & Ministries Program (CAMP)
Culinary Institute of America
Curtice Burns Foods
Diet Workshop
DINE Systems, Inc.
Dole Food Company, Inc.
Draper King Cole, Inc.

- Eastern Shore Seafood Products
- Eastside Community Ministry
- EHOVE Career Center
- Eona Martin Christian Center
- Family Nutrition Program
- Fimast Supermarkets
- Fine CAP Inc.
- Finger Lakes Packaging
- Florida Department of Citrus
- Focus: Hope
- Food Bank of Oakland County
- Food Chain
- Food Marketing Institute
- Food Research & Action Center
- Foodservice Systems Management Education Council
- Food to Grow Coalition, The
- Furman Foods, Inc.
- Gehl's Guernsey Farms, Inc.
- General Mills, Inc.
- Georgia Department of Agriculture
- Giant Food, Inc.
- Gilroy Canning Company, Inc.
- Girl Scouts of the USA
- Girl Scouts—Mile High Council
- Gleaners Foodbank of Indiana, Inc.
- Green Thumb, Inc.
- Health Matters!
- HJ Heinz Company
- Hormel Foods Corporation
- House of Mercy Daycare
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- Hudson Specialty Foods
- Hunger Action Coalition
- Husman Snack Foods
- Illinois Community Action Association
- Illinois Department of Agriculture
- Incredible Edutainment
- Indiana State University Dept. of Family & Consumer Sciences
- International Apple Institute
- International Food Information Council
- International Food Service Distributors Association
- JR Simplot Company
- James Beard Foundation/Danda & Company
- Jewish Healthcare Foundation of Pittsburgh
- Johnson & Wales University
- Kankakee County WIC Program
- Kelly Foods, Inc.
- Kent State University, School of Family and Consumer Studies
- KIDSNET
- Lakeside Foods, inc.
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- LDS Church Welfare Services
- Life Lab Science program
- MACNAtracker Company
- Maudester Farmer
- Marriott Management Services
- Maternal Child Health Center
- Marvel Entertainment Group
- Mello Smello
- Memorial Medical Center
- Michigan Apple Committee
- Michigan Asparagus Advisory Board
- Michigan Plum Advisory Board
- Michigan Red Tart Cherry Advisory Board
- Middlesex County Vocational Technical High School
- Mid-Ohio Foodbank
- Minnesota Cultivated Wild Rice Council
- Minnesota Food Education & Resource Center
- Minnesota Food Share
- Mothers & Others
- Muir Glen Organic Tomato Products
- Nalley's Fine Foods
- National 4-H Council
- National Alliance of Vietnamese-American Service Agencies
- National American Wholesale Grocers' Association
- National Association for Sport & Physical Education
- National Association of Elementary School principals
- National Association of Meal Programs
- National Association of Psychiatric Treatment Centers for Children
- National Association of School Nurses
- National Association of School Psychologists
- National Association of State NET Coordinators
- National Association of WIC Directors
- National Black Child Development Institute
- National Black Nurses Association
- National Black Women's Health Project
- National Broiler Council
- National Cancer Institute
- National Cattlemen's Beef Association
- National Consumers League
- National Council of La Raza
- National Dairy Council
  - Dairy Council of Central States
  - Dairy Council Mid East
  - St. Louis District Dairy Council
  - Washington State Dairy Council
- National Dental Association
- National Dry Bean Council
- National Education Association
- National Extension Association of Family and Consumer Sciences
- National Farmers Union
- National Fisheries Institute
- National Fitness Leaders Association
- National Food Processor's Association
- National Food Service Management Institute
- National Future Farmers of America
- National Gardening Association
- National Grange
- National Heart Savers Association
- National Medical Association
- National Osteoporosis Foundation
- National Pasta Association
- National Pork producers Council
- National PTA
- National Puerto Rican Coalition
- National Restaurant Association
- National Rural Electric Cooperative Association
- National School Health Education Coalition
- National Turkey Federation
- National Urban League
- New England Dairy Food Council
- New Hampshire Fruit Growers Association
- North Atlantic Sardine Council
- North Carolina Sweet Potato Commission
- Northeast McIntosh Growers Association
- Northwestern University Settlement
- Nutrition Council of Greater Cincinnati
- Nutrition Education Learning Lab

BEST COPY AVAILABLE

Ocean Spray Cranberries, Inc.
Ohio Hunger Task Force
Orange County WIC/Child health project
Ore-Ida Foods, Inc.
Organization of Chinese Americans
Our Daily Bread
Pennsylvania Coalition on Food & Nutrition
Perdue Farms, Inc.
Physical Rehabilitation & Health Center
Pomptonian School Food Service
Post Bulletin
Potato Board, The
President's Council on Physical Fitness & Sports
Procter & Gamble Company, The
Produce for Better Health Foundation (5 A Day)
Produce Business
Produce Marketing Association
Produce Productions
Project NOW Community Action Agency
Public Voice for Food & Health Policy
Pumpkin Circle
Quaker Oats Company, The
Randall Foods Products, Inc.
RC Fine Foods
Sabatasso Foods, Inc.
Salvation Army of Greater Cleveland
Scholastic, Inc.
Second Harvest National Foodbank Network
Second Harvest—St. Paul
Second Harvest—Tri-State Food Bank, Inc.
Seward Dairy Inc.
Shape Up America
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Society for Nutrition Education
Society of State Directors of Health, Physical Education and Recreation
Soup Kitchen of Minnesota
Southeast Alaska Health Consortium
Southern Frozen Foods
Soy Protein Council
Squab Producers of California
St. Francis Soup Kitchen
Sugar Association
Sunkist Growers, Inc.
Sunshine Biscuits
Sunshine Natural Market
Texas Citrus & Vegetable Association
Texas Produce Association
Tim's Cascade Chips
Tony's Food Service Division
Tone's
Townsend Culinary, inc.
Tree Tip, Inc.
United Soybean Council
United States Department of Education
United States Department of Health & Human Services
United Way of Monroe County
Urban Coalition
University Extension, University of Missouri
University Extension, Schuyler County
University of Cincinnati Nutrition Program & Nutrition Learning Center
University of Hawaii Cooperative Extension Service
Urban Family Institute
Urban Mission Ministries
USA Dry Pea & Lentil Council
USA Rice Federation
USA TODAY
Van Camp Seafood Company, Inc.
Vegetarian Resource Group
Virginia Apple Growers Association
Voices for Children in Nebraska
Walnut Hills/Over the Rhine Kitchen
Walt Disney Company
Warren County Head Start
Wawona Frozen Foods
West Virginia Association of Family & Consumer Science
West Virginia WIC Program
Wheat Foods Council
Wisconsin Nutrition Project
Wisconsin Rural Development Center, Inc.
World Hunger Year
Wyoming Extension
Zartic, Inc.